



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Krause, Sandro**

Club: Paintzone Sprötau  
Number: 1069

Course: 17.60 km

Expert

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:30:03

Speed: 7.04 km/h

Running performance: 8:32 min/km

Rank in course/Total: 443 (of 528)

Rank in course/Men: 387 (of 449)

Best time in course: 1:17:47

Rank in category: 81(of 97)

Best time in the category: 1:19:26