



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Raabe, Mark

Club: Taunus Warriors
Number: 1104

Course: 17.60 km
Expert

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:33:11

Speed: 6.89 km/h
Running performance: 8:42 min/km

Rank in course/Total: 466 (of 528)

Rank in course/Men: 404 (of 449)

Best time in course: 1:17:47

Rank in category: 52(of 55)

Best time in the category: 1:23:41