



Helbing King of Cross  
Mühlberg / 30.10.2016

□□□□

Goder, Arvid

□□: Slow motion runners

□□: 1187

□□: 17.60 km

Expert

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:40:28

□□: 6.58 km/h

□□□□: 9:07 min/km

□□□□□/□□□: 497 (of 528)

□□□□□/□: 425 (of 449)

□□□□□□: 1:17:47

□□□□□: 44(of 48)

□□□□□□□: 1:32:16