



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Rachow, Christian**

Club: Die absoluten Beginner  
Number: 1256

Course: 17.60 km  
Expert

Category:  
Männer (20-29 Jahre)

Total time: 2:54:11

Speed: 5.86 km/h  
Running performance: 9:54 min/km

Rank in course/Total: 517 (of 528)

Rank in course/Men: 442 (of 449)

Best time in course: 1:17:47

Rank in category: 105(of 108)

Best time in the category: 1:17:47