



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Ratz, Mirco**

Club: Freiberg  
Number: 1064

Course: 17.60 km  
Expert

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:19:17

Speed: 5.12 km/h  
Running performance: 11:19 min/km

Rank in course/Total: 527 (of 528)

Rank in course/Men: 448 (of 449)

Best time in course: 1:17:47

Rank in category: 55(of 55)

Best time in the category: 1:23:41