



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Rackow, Ulf**

Club: Roadrunner  
Number: 1158

Course: 17.60 km  
Expert

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:39:06

Speed: 10.66 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 39 (of 528)

Rank in course/Men: 37 (of 449)

Best time in course: 1:17:47

Rank in category: 5(of 55)

Best time in the category: 1:23:41