



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Rönicke, Ronny

Club: Trial and error
Number: 140

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:15:49

Speed: 7.12 km/h
Running performance: 7:54 min/km

Rank in course/Total: 303 (of 550)

Rank in course/Men: 251 (of 376)

Best time in course: 43:28

Rank in category: 48(of 74)

Best time in the category: 50:49