



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Gering, Ronny**

Club: Arnstadt  
Number: 1411

Course: 17.60 km  
Expert

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:44:37

Speed: 10.09 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 78 (of 528)

Rank in course/Men: 75 (of 449)

Best time in course: 1:17:47

Rank in category: 21(of 101)

Best time in the category: 1:23:03