



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Harrandt, Manuel**

Club: Laufrausch Rudolstadt  
Number: 1161

Course: 17.60 km

Expert

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:56:38

Speed: 8.75 km/h

Running performance: 6:38 min/km

Rank in course/Total: 167 (of 528)

Rank in course/Men: 158 (of 449)

Best time in course: 1:17:47

Rank in category: 35(of 97)

Best time in the category: 1:19:26