



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Dias, Rafael

Club: Laufexpress Rudolstadt  
Number: 1516

Course: 17.60 km

Expert

Category:

Männer (20-29 Jahre)

Total time: 1:56:59

Speed: 8.72 km/h

Running performance: 6:39 min/km

Rank in course/Total: 173 (of 528)

Rank in course/Men: 163 (of 449)

Best time in course: 1:17:47

Rank in category: 32(of 108)

Best time in the category: 1:17:47