



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Pestel, Ronny**

Club: Weischlitz

Number: 1529

Course: 17.60 km

Expert

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:02:19

Speed: 8.63 km/h

Running performance: 6:57 min/km

Rank in course/Total: 222 (of 528)

Rank in course/Men: 206 (of 449)

Best time in course: 1:17:47

Rank in category: 22(of 48)

Best time in the category: 1:32:16