



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Ratz, Manuel

Club: Rauhenebrach
Number: 1065

Course: 17.60 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:12:08

Speed: 7.72 km/h
Running performance: 7:31 min/km

Rank in course/Total: 307 (of 528)

Rank in course/Men: 284 (of 449)

Best time in course: 1:17:47

Rank in category: 69(of 101)

Best time in the category: 1:23:03