



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: 7.99 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