



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Wolski, Manuel**

Club: RunningBros Coburg  
Number: 1515

Course: 17.60 km  
Expert

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:10:43

Speed: 7.80 km/h  
Running performance: 7:26 min/km

Rank in course/Total: 293 (of 528)

Rank in course/Men: 271 (of 449)

Best time in course: 1:17:47

Rank in category: 52(of 97)

Best time in the category: 1:19:26