



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

Hölzer, Ralph

Club: Proud athletes  
Number: 1614

Course: 17.60 km  
Expert

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:09:46

Speed: 7.86 km/h  
Running performance: 7:22 min/km

Rank in course/Total: 288 (of 528)

Rank in course/Men: 266 (of 449)

Best time in course: 1:17:47

Rank in category: 51(of 97)

Best time in the category: 1:19:26