



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Kadyrov, Ruslan**

Club: Bremen  
Number: 1475

Course: 17.60 km  
Expert

Category:  
Männer (20-29 Jahre)

Total time: 2:30:55

Speed: 6.76 km/h  
Running performance: 8:34 min/km

Rank in course/Total: 455 (of 528)

Rank in course/Men: 398 (of 449)

Best time in course: 1:17:47

Rank in category: 96(of 108)

Best time in the category: 1:17:47