



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Ackermann, Jens**

Club: SV Emleben

Number: 153

Course: 9.60 km

Sprint

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:04:20

Speed: 8.39 km/h

Running performance: 6:42 min/km

Rank in course/Total: 108 (of 550)

Rank in course/Men: 100 (of 376)

Best time in course: 43:28

Rank in category: 18(of 74)

Best time in the category: 50:49