



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Körner, Denny

Club: Freude am Laufen Team
Number: 1146

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:07:46

Speed: 7.97 km/h
Running performance: 7:04 min/km

Rank in course/Total: 174 (of 550)

Rank in course/Men: 155 (of 376)

Best time in course: 43:28

Rank in category: 31(of 74)

Best time in the category: 50:49