



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Almroth, Jan**

Club: SV Emleben  
Number: 156

Course: 9.60 km  
Sprint

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:04:20

Speed: 8.39 km/h  
Running performance: 6:42 min/km

Rank in course/Total: 109 (of 550)

Rank in course/Men: 100 (of 376)

Best time in course: 43:28

Rank in category: 14(of 59)

Best time in the category: 54:10