



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Pfluegner, Uwe**

Club: Die Frühaufsteher  
Number: 1272

Course: 17.60 km  
Expert

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:24:41

Speed: 12.04 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 9 (of 528)

Rank in course/Men: 9 (of 449)

Best time in course: 1:17:47

Rank in category: 1(of 28)

Best time in the category: 1:24:41