



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Pörnig, Nick**

Club: Leipzig  
Number: 208

Course: 9.60 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:31:58

Speed: 6.26 km/h  
Running performance: 9:35 min/km

Rank in course/Total: 476 (of 550)

Rank in course/Men: 344 (of 376)

Best time in course: 43:28

Rank in category: 66(of 74)

Best time in the category: 50:49