



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Pfennig, Alexander

Club: Koma Gera OCR
Number: 315

Course: 9.60 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:33:28

Speed: 5.78 km/h
Running performance: 9:44 min/km

Rank in course/Total: 498 (of 550)

Rank in course/Men: 356 (of 376)

Best time in course: 43:28

Rank in category: 70(of 74)

Best time in the category: 50:49