



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Kern, Denis

Club: Koma Gera OCR
Number: 317

Course: 9.60 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:33:28

Speed: 6.16 km/h
Running performance: 9:44 min/km

Rank in course/Total: 499 (of 550)

Rank in course/Men: 356 (of 376)

Best time in course: 43:28

Rank in category: 57(of 57)

Best time in the category: 49:42