



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Poch, Alexander**

Club: Laufladen Erfurt - OCR Team  
Number: 1362

Course: 17.60 km

Expert

Category:

Männer (20-29 Jahre)

Total time: 2:04:55

Speed: 8.45 km/h

Running performance: 7:06 min/km

Rank in course/Total: 241 (of 528)

Rank in course/Men: 223 (of 449)

Best time in course: 1:17:47

Rank in category: 50(of 108)

Best time in the category: 1:17:47