



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Bock, Denis**

Club: Pfefferminzölmafia  
Number: 537

Course: 9.60 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:48:41

Speed: 5.30 km/h  
Running performance: 11:19 min/km

Rank in course/Total: 541 (of 550)

Rank in course/Men: 371 (of 376)

Best time in course: 43:28

Rank in category: 74(of 74)

Best time in the category: 50:49