



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: 4.97 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