



10. Kirschlauf  
Kleinfahrer / 13.06.2010

Detailed evaluation

Helbing, Frank

Club: GM Rennsteiglaufverein  
Number: 66

Course: 14.00 km  
Hauptlauf

Category:  
Männer M35

Total time: 1:13:17

Speed: 11.46 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 88 (of 252)

Rank in course/Men: 85 (of 198)

Best time in course: 52:16

Rank in category: 9(of 19)

Best time in the category: 57:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Posten	8.30	43:54	5:17	11	9:50	89	13:08	8.30	43:54	5:17	12	0:59	85	13:08
Finish	5.70	29:23	5:09	6	5:30	73	7:53	14.00	1:13:17	5:14	9	15:20	85	21:01