



18. Hainich-Lauf  
Mihla / 01.05.2012

## Detailed evaluation

Helbig, H.-Peter

Club: Stedtfelder Rennsteigfreunde  
Number: 117

Course: 6.00 km  
Kurzstrecke

Category:  
Senioren M65 (65-69 Jahre)

Total time: 34:19

Speed: 10.49 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 15 (of 21)

Rank in course/Men: 9 (of 12)

Best time in course: 19:43

Rank in category: 2(of 3)

Best time in the category: 33:22