



13. Kirschlauf  
Kleinfahrer / 16.06.2013

Detailed evaluation

Helbing, Frank

Club: GM Rennsteiglaufverein e.V.  
Number: 115

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:14:53

Speed: 11.22 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 96 (of 256)

Rank in course/Men: 89 (of 185)

Best time in course: 48:53

Rank in category: 10(of 21)

Best time in the category: 54:28

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	7.50	46:22	6:10	10	13:12	94	16:42	7.50	46:22	6:10	13		90	5:41
Finish	6.50	28:31	4:23	8	7:13	78	9:18	14.00	1:14:53	5:20	10	20:25	89	26:00