



# 11. EppsteinTrails

Eppstein / 18.08.2013

## Detailed evaluation

**Helfrich, Harald**

Club: Rüsselsheim  
Number: 2075

Course: 33.00 km  
Kurzstrecke

Category:  
Senioren 3

Total time: 1:44:59

Speed: 18.86 km/h

Rank in course/Total: 24 (of 153)

Rank in course/Men: 23 (of 144)

Best time in course: 1:28:12

Rank in category: 3(of 17)

Best time in the category: 1:35:53

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
KR 2	7.50	28:45	14.61	3	39	4:39	6:27	7.50	28:45	14.61	14		31	5:22
KR 2	7.50	52:25	8.01	4	23	23:16	23:16	15.00	1:21:10	11.09	4	17:47	24	17:47
Finish	18.00	23:49	45.35	4	23	6:39	6:39	33.00	1:44:59	18.86	4	24:26	24	24:26