



Detailed evaluation

Helbing, Sabine

Club: privat
Number: 420

Course: 9.90 km
3 Runden 9,9 km

Category:
Seniorinnen W40

Total time: 59:29

Speed: 9.08 km/h
Running performance: 6:01 min/km

Rank in course/Total: 75 (of 90)
Rank in course/Women: 10 (of 15)
Best time in course: 40:04

Rank in category: 3(of 3)
Best time in the category: 52:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	20:05	6:05	3	2:40	10	6:43	3.30	20:05	6:05	3	2:40	10	6:43
Rundenzeit	3.30	19:52	6:01	3	2:14	11	6:31	6.60	39:57	6:03	3	4:54	10	13:14
Finish	3.30	19:32	5:55	3	1:38	9	9:29	9.90	59:29	6:00	3	6:32	10	19:25