



## Detailed evaluation

### Helbing, Tobias

Club: Team Helbing  
Number: 111

Course: 8.00 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:09:16

Speed: 6.93 km/h  
Running performance: 8:40 min/km

Rank in course/Total: 208 (of 292)

Rank in course/Men: 154 (of 192)

Best time in course: 38:15

Rank in category: 24(of 29)

Best time in the category: 43:19

| Intermediate times |          |            |              | Stage score |             |         |            | Total ranking |            |              |          |             |         |            |
|--------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| Control            | Split km | Split Time | Split min/km | Pos Cat.    | Behind Cat. | Pos Men | Behind Men | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Himmelsleiter +    | -        | 6:16       | -            | 28          | 4:28        | 188     | 4:54       | -             | 6:16       | -            | 28       | 4:28        | 188     | 4:54       |
| Himmelsleiter +    | -        | 5:41       | -            | 24          | 2:17        | 140     | 2:51       | -             | 11:57      | -            | 28       | 6:40        | 188     | 7:45       |
| Nordwand + Dov     | -        | 10:39      | -            | 29          | 5:38        | 190     | 6:14       | -             | 22:36      | -            | 28       | 12:18       | 189     | 13:57      |
| Nordwand + Dov     | -        | 2:44       | -            | 25          | 1:14        | 155     | 1:16       | -             | 25:20      | -            | 28       | 13:32       | 187     | 15:09      |
| Duckmäuser Eins    | -        | 20:54      | -            | 19          | 6:52        | 97      | 8:33       | -             | 46:14      | -            | 21       | 20:24       | 118     | 23:28      |
| Duckmäuser Aus     | -        | 0:26       | -            | 11          | 0:10        | 62      | 0:10       | -             | 46:40      | -            | 21       | 20:34       | 117     | 23:36      |
| Pneumant Einstie   | -        | fehlt!     | -            | -           | -           | -       | -          | -             | -          | -            | -        | -           | -       | -          |
| Pneumant Aussti    | -        | 1:28       | -            | 28          | 1:24        | 187     | 1:25       | -             | 48:08      | -            | 30       | 21:25       | 192     | 24:34      |
| Heuschnupfen Ei    | -        | 13:10      | -            | 17          | 3:14        | 104     | 4:26       | -             | 1:01:18    | -            | 30       | 24:39       | 188     | 29:00      |
| Heuschnupfen Ai    | -        | 0:06       | -            | 5           | 0:01        | 65      | 0:02       | -             | 1:01:24    | -            | 28       | 24:38       | 190     | 29:02      |
| Schlammbowle E     | -        | 2:46       | -            | 12          | 0:34        | 91      | 0:51       | -             | 1:04:10    | -            | 29       | 25:12       | 189     | 29:52      |
| Schlammbowle A     | -        | 1:12       | -            | 15          | 0:30        | 106     | 0:38       | -             | 1:05:22    | -            | 30       | 25:39       | 191     | 30:30      |
| Sportplatz Mühlb   | 8.00     | 3:54       | -            | 6           | 0:18        | 52      | 0:31       | 8.00          | 1:09:16    | 8:39         | 24       | 25:57       | 154     | 31:01      |