



15. Kirschlauf
Kleinfahrer / 14.06.2015

Detailed evaluation

Helbing, Frank

Club: Guths-Muths Rennsteiglaufverein
Number: 155

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:18:18

Speed: 10.73 km/h
Running performance: 5:35 min/km

Rank in course/Total: 105 (of 218)

Rank in course/Men: 98 (of 170)

Best time in course: 51:37

Rank in category: 10(of 22)

Best time in the category: 1:05:11

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
Kontrolle	7.50	48:39	6:29	11	8:39	100	16:49	7.50	48:39	6:29	11	8:39	100	16:49
Finish	6.50	29:39	4:33	12	5:24	101	9:52	14.00	1:18:18	5:35	10	13:07	98	26:41