



# Wachsenburg-Crossing Anstiegslauf

Amt Wachsenburg / 11.09.2016

## Detailed evaluation

**Helbing, Andreas**

Club: OCR Team Erfurt

Number: 220

Course: 0.60 km

Anstiegslauf (Profiläufer)

Category:

Männer U40

Total time: 18:53

Speed: 1.91 km/h

Running performance: 31:28 min/km

Rank in course/Total: 16 (of 22)

Rank in course/Men: 12 (of 18)

Best time in course: 3:31

Rank in category: 4(of 6)

Best time in the category: 10:18