



Wachsenburg-Crossing  
Amt Wachsenburg / 11.09.2016

### Detailed evaluation

Helbing, Andreas

Club: OCR Team Erfurt  
Number: 220

Course: 10.00 km  
Hauptlauf (Profiläufer)

Category:  
Männer U40

Total time: 1:01:15

Speed: 9.80 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 15 (of 27)

Rank in course/Men: 13 (of 22)

Best time in course: 38:31

Rank in category: 5(of 8)

Best time in the category: 48:07

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	5.00	29:48	5:57	6	7:01	16	11:37	5.00	29:48	5:57	6	7:01	16	11:37
Finish	5.00	31:27	6:17	5	6:07	13	11:07	10.00	1:01:15	6:07	5	13:08	13	22:44