



23. Hainich-Lauf  
Mihla / 01.05.2017

## Detailed evaluation

**HELBIG, Andreas**

Club: Eisenach  
Number: 207

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:13:21

Speed: 10.63 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 33 (of 69)

Rank in course/Men: 31 (of 50)

Best time in course: 53:47

Rank in category: 5(of 6)

Best time in the category: 59:15