



Detailed evaluation

HELBING, Andreas

Club: Erfurt
Number: 2094

Course: 26.71 km
BERSERKER

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:37:48

Speed: 7.16 km/h
Running performance: 8:09 min/km

Rank in course/Total: 107 (of 205)

Rank in course/Men: 102 (of 189)

Best time in course: 2:16:04

Rank in category: 20(of 39)

Best time in the category: 2:21:03

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
Wachsenburg	7.40	57:25	7:45	27	20:31	147	21:59	7.40	57:25	7:45	27	20:31	147	21:59
Burg Gleichen	8.53	1:06:28	7:47	23	21:49	117	23:55	15.93	2:03:53	7:46	25	42:20	129	45:54
Mühlberg	9.97	1:20:02	8:01	18	29:27	98	33:33	25.90	3:23:55	7:52	23	1:11:47	121	1:32:57
Sportplatz Mühlb	0.81	13:53	17:08	18	5:56	70	6:04	26.71	3:37:48	8:09	21	1:16:45	112	1:34:33