



Detailed evaluation

HELBIG, Matthias

Club: Droyßig
Number: 735

Course: 9.50 km
SPRINT

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:05:38

Speed: 8.23 km/h
Running performance: 6:55 min/km

Rank in course/Total: 72 (of 673)

Rank in course/Men: 62 (of 411)

Best time in course: 43:20

Rank in category: 7(of 54)

Best time in the category: 52:18

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
Mühlburg	8.69	54:55	6:19	7	10:33	60	17:46	8.69	54:55	6:19	7	10:33	60	17:46
Sportplatz Mühlb	0.81	10:43	13:13	10	2:47	76	4:32	9.50	1:05:38	6:54	7	13:20	62	22:18