



### Detailed evaluation

Helmecke, Chris

Club: Hoppegarten

Number: 1206

Course: 10.00 km

Erkner Stadtlauf 10 km

Category:

AK3 / TW 30

Total time: 48:55

Speed: 12.27 km/h

Running performance: 4:53 min/km

Rank in course/Total: 10 (of 29)

Rank in course/Men: 9 (of 17)

Best time in course: 35:06

Rank in category: 1(of 3)

Best time in the category: 48:55

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.30	1:18	4:20	1	-	5	0:14	0.30	1:18	4:20	1	-	5	0:14
Last lap Finish	9.70	47:37	4:54	1	-	10	13:35	10.00	48:55	4:53	1	-	9	13:49