



### 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |