



## Detailed evaluation

Helfrich, Klaus

Club: OLV Steinberg

Total time: 37:02

Running performance: 7:25 min/km

Course: 4.99 km / 11 Controls

Category:

Herren 55-

Rank in category: 1(of 9)

Best time in the category: 37:02

Behind: -

## Intermediate times

| Controls | Split Time | Pos Cat. | Behind Cat. | Behind % | Total Time | Pos Cat. | Behind Cat. | Behind % |
|----------|------------|----------|-------------|----------|------------|----------|-------------|----------|
| 1 (105)  | 2:02       | 1        | -           | -        | 2:02       | 1        | -           | -        |
| 2 (103)  | 3:13       | 2        | 0:26        | 15.6     | 5:15       | 2        | 0:19        | 6.4      |
| 3 (101)  | 1:25       | 1        | -           | -        | 6:40       | 2        | 0:11        | 2.8      |
| 4 (111)  | 3:54       | 1        | -           | -        | 10:34      | 1        | -           | -        |
| 5 (125)  | 1:24       | 1        | -           | -        | 11:58      | 1        | -           | -        |
| 6 (128)  | 4:24       | 1        | -           | -        | 16:22      | 1        | -           | -        |
| 7 (132)  | 8:12       | 1        | -           | -        | 24:34      | 1        | -           | -        |
| 8 (123)  | 4:16       | 1        | -           | -        | 28:50      | 1        | -           | -        |
| 9 (114)  | 2:47       | 1        | -           | -        | 31:37      | 1        | -           | -        |
| 10 (118) | 3:24       | 1        | -           | -        | 35:01      | 1        | -           | -        |
| 11 (100) | 1:21       | 3        | 0:05        | 6.6      | 36:22      | 1        | -           | -        |
| Finish   | 0:40       | 1        | -           | -        | 37:02      | 1        | -           | -        |