



20. Kirschlauf  
Kleinfahner/Thür. / 12.06.2022

## Detailed evaluation

**Andreas Helbing**

Club: OCR Squad Erfurt  
Number: 172

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44)

Total time: 1:26:05

Speed: 9.76 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 98 (of 163)

Rank in course/Men: 76 (of 120)

Best time in course: 50:40

Rank in category: 11(of 13)

Best time in the category: 57:28

### 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
Kontrolle 31	5.80	38:34	6:38	13	14:26	92	16:42	5.80	38:34	6:38	13	14:26	92	16:42
Finish	8.20	47:31	5:47	8	14:11	69	18:43	14.00	1:26:05	6:08	11	28:37	76	35:25