



# Altstadttrennen Höxter

Höxter / 02.05.2009

## Detailed evaluation

**Rokahr, Holger**

Club: Springe

Number: 14

Course: 26.10 km

Rennen 4, Senioren I

Category:

Senioren I

Total time: 59:47

Speed: 26.09 km/h

Rank in course/Total: 5 (of 40)

Rank in course/Men: 5 (of 39)

Best time in course: 59:05

Rank in category: 5(of 39)

Best time in the category: 59:05

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.50	8:11	22.00	6	0:31	6	0:31	3.50	8:11	22.00	25		25	
Lap 2	2.90	6:31	18.41	2	0:05	2	0:05	6.40	14:42	24.49	22		22	
Lap 3	2.90	6:39	18.05	7	0:10	7	0:10	9.30	21:21	25.29	25		25	
Lap 4	2.90	6:48	17.65	4	0:17	4	0:17	12.20	28:09	25.58	25		25	
Lap 5	2.90	6:35	18.23	4	0:03	4	0:03	15.10	34:44	25.91	25		25	
Lap 6	2.90	6:36	18.18	4	0:04	4	0:04	18.00	41:20	26.13	25		25	
Lap 7	2.90	6:41	17.96	6	0:14	6	0:14	20.90	48:01	24.99	25		25	
Lap 8	2.90	6:36	18.18	2	0:01	2	0:01	23.80	54:37	25.27	25		25	
Last lap Finish	2.30	5:10	23.23	3	0:04	3	0:04	26.10	59:47	26.09	5	0:42	5	0:42