



12. TRENGADE-MTB-Marathon
 Clausthal-Zellerfeld / 17.05.2009

Detailed evaluation

Rokahr, Holger

Club: Springe
 Number: 142

Course: 68.00 km
 Mitteldistanz

Category:
 Rennen 8, Masters männlich

Total time: 3:33:18

Speed: 19.13 km/h

Rank in course/Total: 27 (of 128)

Rank in course/Men: 27 (of 119)

Best time in course: 2:47:53

Rank in category: 5(of 51)

Best time in the category: 2:54:08

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
Rundenkontrolle	22.00	54:51	24.07	5	9:20	28	10:53	22.00	54:51	24.07	30			29
Rundenkontrolle	34.00	1:46:45	19.11	7	18:26	33	22:34	56.00	2:41:36	20.79	29			27 33:27
Finish	12.00	51:42	13.93	10	11:24	35	11:58	68.00	3:33:18	19.13	9	1:25:32	35	1:25:32