



10. Harzer MTB-Event
Altenau (Oberharz) / 24.05.2009

Detailed evaluation

Rokahr, Holger

Club: Springe
Number: 343

Course: 70.00 km
Marathon Mitteldistanz

Category:
Senioren Fun

Total time: 4:03:52

Speed: 17.22 km/h

Rank in course/Total: 77 (of 192)

Rank in course/Men: 76 (of 179)

Best time in course: 2:58:59

Rank in category: 24(of 71)

Best time in the category: 3:04:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Lap 1	12.40	46:51	15.37	15	9:12	48	9:49	12.40	46:51	15.37	64		90	1:50
Lap 2	14.00	52:38	15.96	17	10:31	63	13:33	26.40	1:39:29	15.68	64		91	2:52
Lap 3	21.00	1:06:18	19.00	33	16:54	94	1:06:13	47.40	2:45:47	17.01	54		76	41:16
Lap 4	14.00	1:03:54	13.15	31	20:57	91	20:57	61.40	3:49:41	15.93	54		76	1:01:39
Last lap Finish	8.60	14:11	33.84	34	3:05	98	3:18	70.00	4:03:52	17.22	34	2:25:18	99	2:25:45