



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

Detailed evaluation

Ruß, Jan

Club: Göttingen
Number: 381

Course: 70.00 km
Marathon Mitteldistanz

Category:
Herren Fun

Total time: 4:28:49

Speed: 15.62 km/h

Rank in course/Total: 125 (of 192)

Rank in course/Men: 117 (of 179)

Best time in course: 2:58:59

Rank in category: 76(of 108)

Best time in the category: 2:58:59

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	56:01	12.85	89	18:59	142	18:59	12.40	56:01	12.85	84	11:00	131	11:00
Lap 2	14.00	59:21	14.15	81	20:16	123	20:16	26.40	1:55:22	13.52	85	18:45	132	18:45
Lap 3	21.00	1:12:07	17.47	81	1:12:02	126	1:12:02	47.40	3:07:29	15.04	44	14:17	115	1:02:58
Lap 4	14.00	1:07:10	12.51	72	24:01	111	24:13	61.40	4:14:39	14.37	43	19:37	117	1:26:37
Last lap Finish	8.60	14:10	33.88	64	3:17	97	3:17	70.00	4:28:49	15.62	90	2:50:42	141	2:50:42