



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

Detailed evaluation

Ostrowski, Thorsten

Club: RSV Adler Goslar  
Number: 581

Course: 105.00 km  
Marathon Langdistanz

Category:  
Herren Fun

Total time: 5:28:01

Speed: 19.21 km/h

Rank in course/Total: 24 (of 76)

Rank in course/Men: 24 (of 72)

Best time in course: 4:20:30

Rank in category: 16(of 44)

Best time in the category: 4:20:30

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	12.40	43:59	16.92	19	6:53	27	6:53	12.40	43:59	16.92	43		58	
Lap 2	14.00	46:37	18.02	18	7:34	25	7:36	26.40	1:30:36	17.48	41		58	
Lap 3	21.00	56:01	22.49	19	9:48	27	9:48	47.40	2:26:37	19.40	41		58	
Lap 4	14.00	49:06	17.11	14	9:55	20	9:55	61.40	3:15:43	18.82	40		57	
Lap 5	21.00	1:00:19	20.89	18	1:00:18	27	1:00:18	82.40	4:16:02	19.31	35		55	
Lap 6	14.00	56:23	14.90	19	15:59	31	15:59	96.40	5:12:25	18.51	35		55	
Last lap Finish	8.60	15:36	33.08	37	4:17	62	4:24	105.00	5:28:01	19.21	22	2:41:40	34	2:41:40