



MTB-Cup Marathon Braunlage 2009

Braunlage / 08.08.2009

Detailed evaluation

Rokahr, Holger

Club: Springe

Number: 120

Course: 95.00 km

Marathon-Tour lang

Category:

Männer

Total time: 4:58:30

Speed: 19.10 km/h

Rank in course/Total: 25 (of 34)

Rank in course/Men: 25 (of 34)

Best time in course: 3:36:27

Rank in category: 10(of 34)

Best time in the category: 3:52:58

Intermediate times

Stage score

Total ranking

Control	Split		Pos Cat.	Behind Cat.	Pos		Behind Men	Total		Pos Cat.	Behind Cat.	Pos		Behind Men
	km	Time			km/h	Men		Men	km			Time	km/h	
Lap 1	11.29	42:50	15.41	27	8:58	27	8:58	11.29	42:50	15.41	14	2:06	14	2:06
Lap 2	19.00	55:15	20.63	28	16:33	28	16:33	30.29	1:38:05	18.35	14	5:31	14	5:31
Lap 3	19.00	1:00:22	18.88	30	17:45	30	17:45	49.29	2:38:27	18.55	14	11:09	14	11:09
Lap 4	19.00	1:02:46	18.16	25	19:14	25	19:14	68.29	3:41:13	18.44	5	24:21	5	24:21
Lap 5	19.00	1:08:01	16.76	25	22:48	25	22:48	87.29	4:49:14	18.05	3	1:12:16	3	1:12:16
Last lap Finish	7.71	9:16	45.32	23	1:01	23	1:01	95.00	4:58:30	19.10	31	1:42:46	31	1:42:46