



11. Harzer MTB-Event  
Altenau (Oberharz) / 30.05.2010

Detailed evaluation

Benthien, Ole

Club: RG Uni Hamburg  
Number: 499

Course: 77.80 km  
Marathon Mitteldistanz

Category:  
Herren

Total time: 4:03:38

Speed: 18.96 km/h

Rank in course/Total: 67 (of 160)

Rank in course/Men: 65 (of 154)

Best time in course: 3:00:41

Rank in category: 44(of 85)

Best time in the category: 3:00:41

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	12.30	33:58	21.20	46	7:43	68	7:43	12.30	33:58	21.20	11		79	
Lap 2	13.40	37:14	20.95	50	8:12	77	8:12	25.70	1:11:12	21.07	11	1:11	79	
Lap 3	25.50	1:25:15	17.60	53	45:55	79	45:55	51.20	2:36:27	19.56	13	3:46	66	39:57
Lap 4	13.40	40:04	19.47	44	9:55	64	9:55	64.60	3:16:31	19.54	13	1:56	65	49:52
Last lap Finish	13.20	47:07	16.55	37	15:27	58	15:27	77.80	4:03:38	18.96	56	2:22:14	85	2:22:14