



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

Detailed evaluation

Elpel, Armin

Club: Garbsen
Number: 500

Course: 77.80 km
Marathon Mitteldistanz

Category:
Senioren

Total time: 4:20:38

Speed: 17.73 km/h

Rank in course/Total: 91 (of 160)

Rank in course/Men: 89 (of 154)

Best time in course: 3:00:41

Rank in category: 33(of 69)

Best time in the category: 3:27:16

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	33:47	21.31	22	6:26	66	7:32	12.30	33:47	21.31	13	0:09	103	
Lap 2	13.40	36:35	21.32	22	4:57	68	7:33	25.70	1:10:22	21.32	13		89	
Lap 3	25.50	1:28:29	16.95	32	20:16	89	49:09	51.20	2:38:51	19.26	3		90	42:21
Lap 4	13.40	44:19	17.60	36	10:58	94	14:10	64.60	3:23:10	18.90	3		89	56:31
Last lap Finish	13.20	57:28	13.57	52	17:07	123	25:48	77.80	4:20:38	17.73	42	2:36:32	110	2:39:14