



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

Detailed evaluation

Janßen, Ralf

Club: Weyhe-Leeste  
Number: 448

Course: 77.80 km  
Marathon Mitteldistanz

Category:  
Senioren

Total time: 5:00:31

Speed: 15.37 km/h

Rank in course/Total: 126 (of 160)

Rank in course/Men: 122 (of 154)

Best time in course: 3:00:41

Rank in category: 51(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.30	42:24	16.98	55	15:03	133	16:09	12.30	42:24	16.98	24	8:46	136	4:47
Lap 2	13.40	48:23	16.12	62	16:45	142	19:21	25.70	1:30:47	16.52	24	18:06	136	13:21
Lap 3	25.50	1:42:09	14.68	48	33:56	121	1:02:49	51.20	3:12:56	15.86	21	21:43	123	1:16:26
Lap 4	13.40	51:11	15.24	51	17:50	123	21:02	64.60	4:04:07	15.73	21	23:22	122	1:37:28
Last lap Finish	13.20	56:24	13.83	48	16:03	117	24:44	77.80	5:00:31	15.37	60	3:16:25	143	3:19:07