



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

Detailed evaluation

Förster, Thomas

Club: Lahstedt
Number: 445

Course: 77.80 km
Marathon Mitteldistanz

Category:
Senioren

Total time: 5:34:45

Speed: 13.80 km/h

Rank in course/Total: 134 (of 160)

Rank in course/Men: 130 (of 154)

Best time in course: 3:00:41

Rank in category: 57(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		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Lap 1	12.30	44:56	16.02	64	17:35	144	18:41	12.30	44:56	16.02	30	11:18	144	7:19
Lap 2	13.40	47:26	16.44	60	15:48	139	18:24	25.70	1:32:22	16.24	30	19:41	144	14:56
Lap 3	25.50	1:54:50	13.06	56	46:37	132	1:15:30	51.20	3:27:12	14.77	27	35:59	131	1:30:42
Lap 4	13.40	58:54	13.24	55	25:33	130	28:45	64.60	4:26:06	14.43	27	45:21	130	1:59:27
Last lap Finish	13.20	1:08:39	11.36	62	28:18	142	36:59	77.80	5:34:45	13.80	66	3:50:39	151	3:53:21