



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

Detailed evaluation

Rokahr, Holger

Club: Springe  
Number: 1

Course: 116.70 km  
Marathon Langdistanz

Category:  
Senioren

Total time: 6:18:36

Speed: 18.49 km/h

Rank in course/Total: 29 (of 43)

Rank in course/Men: 29 (of 42)

Best time in course: 4:43:55

Rank in category: 11(of 19)

Best time in the category: 4:44:17

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	33:24	22.10	10	7:06	27	7:06	12.30	33:24	22.10	8	0:02	15	
Lap 2	13.40	37:56	21.20	12	8:44	31	8:48	25.70	1:11:20	21.62	8	2:33	15	1:21
Lap 3	25.50	1:22:05	18.64	11	19:59	30	19:59	51.20	2:33:25	20.02	8	2:50	14	2:43
Lap 4	13.40	40:39	19.78	11	10:19	30	11:29	64.60	3:14:04	19.97	8	4:06	14	5:50
Lap 5	25.50	1:31:41	16.69	14	24:56	32	24:56	90.10	4:45:45	18.92	8	11:30	12	11:39
Lap 6	13.40	42:23	18.97	11	9:49	26	9:49	103.50	5:28:08	18.93	8	13:04	12	10:05
Last lap Finish	13.20	50:28	15.69	12	14:37	30	14:58	116.70	6:18:36	18.49	13	4:04:29	36	4:38:49