



# Apoldaer MTB-Marathon

Apolda / 12.09.2010

## Detailed evaluation

**Seidler, Ralf**

Club: AC Apolda

Number: 69

Course: 50.00 km

Mitteldistanz

Category:

Masters 3

Total time: 3:13:35

Speed: 15.50 km/h

Running performance: 15,50 min/km

Rank in course/Total: 52 (of 57)

Rank in course/Men: 47 (of 51)

Best time in course: 1:59:10

Rank in category: 5(of 6)

Best time in the category: 2:24:28

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	-	56:17	-	3	11:25	46	20:15	-	56:17	-	5	11:25	22	6:05
Control	-	32:13	-	3	5:56	43	10:16	-	1:28:30	-	5	17:21	22	8:11
Finish	9.00	38:10	-	5	12:52	49	16:18	50.00	3:13:35	3:52	5	49:07	47	1:14:25