



Apoldaer MTB-Marathon

Apolda / 12.09.2010

Detailed evaluation

Pflüger, Nico

Club: Team Q

Number: 13

Course: 50.00 km

Mitteldistanz

Category:

Herren + Masters 1

Total time: 2:26:07

Speed: 20.53 km/h

Running performance: 20,53 min/km

Rank in course/Total: 20 (of 57)

Rank in course/Men: 19 (of 51)

Best time in course: 1:59:10

Rank in category: 15(of 36)

Best time in the category: 1:59:10

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	-	42:16	-	14	6:14	15	6:14	-	42:16	-	33		45	
Control	-	26:22	-	15	4:25	20	4:25	-	1:08:38	-	33		45	
Finish	9.00	28:18	-	20	6:26	26	6:26	50.00	2:26:07	2:55	15	26:57	19	26:57