



3. Bad Harzburger MTB-Marathon

Bad Harzburg / 17.04.2011

Detailed evaluation

Helmker, Frank

Club: Focus BAD SALZDETFURTH racing

Number: 3120

Course: 51.00 km

Hauptrennen Harzer MTB-Cup - 3 Runden

Category:

Senioren unter 50 Jahre

Total time: 2:43:31

Speed: 18.71 km/h

Rank in course/Total: 43 (of 238)

Rank in course/Men: 43 (of 229)

Best time in course: 2:14:17

Rank in category: 1(of 96)

Best time in the category: 2:43:31

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	11.60	38:54	16.97	8	4:46	37	5:36	11.60	38:54	16.97	55			53	
Lap 2	17.00	53:16	19.15	12	5:35	45	9:07	28.60	1:32:10	18.23	57			47	14:05
Lap 3	17.00	56:34	18.03	14	7:23	48	11:18	45.60	2:28:44	18.15	44			43	25:23
Last lap Finish	5.40	14:47	20.29	42	3:57	116	4:35	51.00	2:43:31	18.71	19	1:35:43		54	1:48:18