



13. Allersheimer Mountainbike-Cup

Holzminden/ Neuhaus i.S. / 03.07.2011

Detailed evaluation

Rook, Richard

Club: MBC Bar End

Number: 7

Course: 101.00 km

Langdistanz

Category:

Männer 40 bis 49 Jahre

Total time: 4:35:09

Speed: 22.02 km/h

Rank in course/Total: 14 (of 99)

Rank in course/Men: 14 (of 96)

Best time in course: 3:59:13

Rank in category: 4(of 41)

Best time in the category: 4:08:24

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	27.50	1:21:37	19.85	8	10:13	31	13:15	27.50	1:21:37	19.85	27		57	
Lap 2	23.50	56:08	24.58	4	3:36	17	6:53	51.00	2:17:45	22.21	24		57	
Lap 3	27.00	1:19:58	20.26	3	6:46	11	10:48	78.00	3:37:43	21.50	24		57	
Last lap Finish	23.00	57:26	24.03	4	6:10	16	30:59	101.00	4:35:09	22.02	6	1:58:22	18	2:58:33