



4. Bad Harzburger Bio Racer Bike-Marathon

Bad Harzburg / 29.04.2012

Detailed evaluation

Helmker, Frank

Club: Fokus RAPIDO Racing
Number: 5076

Total time: 5:14:54

Speed: 18.10 km/h

Course: 95.00 km

Hauptrennen Harzer MTB-Cup - 5 Runden

Rank in course/Total: 34 (of 60)

Rank in course/Men: 33 (of 57)

Best time in course: 4:11:12

Category:

Senioren

Rank in category: 12(of 21)

Best time in the category: 4:11:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	12.80	39:34	19.41	12	5:41	39	6:01	12.80	39:34	19.41	6	3:07	14	
Lap 2	19.00	58:34	19.46	11	9:18	34	9:18	31.80	1:38:08	19.44	6	1:28	14	0:08
Lap 3	19.00	1:04:41	17.62	16	14:50	41	14:50	50.80	2:42:49	18.72	6	3:20	11	
Lap 4	19.00	1:07:23	16.92	17	17:17	41	17:19	69.80	3:50:12	18.19	6	8:38	11	
Lap 5	19.00	1:07:09	16.98	15	14:57	36	14:57	88.80	4:57:21	17.92	12	1:01:53	11	0:40
Last lap Finish	6.20	17:33	21.20	7	2:31	23	3:05	95.00	5:14:54	18.10	13	1:03:42	35	2:19:27