



14. Allersheimer MTB-Marathon
Holzminden/ Neuhaus i.S. / 01.07.2012

Detailed evaluation

Helmer, Frank

Club: Focus RAPIRO-Racing
Number: 310

Course: 49.00 km
Mitteldistanz

Category:
Senioren II

Total time: 2:17:38

Speed: 21.36 km/h

Rank in course/Total: 39 (of 150)

Rank in course/Men: 38 (of 135)

Best time in course: 1:53:08

Rank in category: 6(of 19)

Best time in the category: 2:02:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Men	Men	Men	km	Time	km/h	Cat.	Men	Men				
Steinborn (VP1)	11.10	33:02	20.16	6	4:08	43	6:54	11.10	33:02	20.16	15		37	6:54			
Donnershagen (\	16.00	49:01	19.59	5	4:04	32	8:11	27.10	1:22:03	19.82	15		37	15:05			
Turm Silberborn	16.40	45:44	21.52	6	5:44	45	8:31	43.50	2:07:47	20.43	15		36	22:48			
Finish	5.50	9:51	33.50	5	0:48	37	1:42	49.00	2:17:38	21.36	6	14:44	38	24:30			