



5. Bad Harzburger MTB Marathon

Bad Harzburg / 28.04.2013

Detailed evaluation

Helmker, Frank

Club: Focus Rapiro Racing

Number: 3196

Course: 57.00 km

Hauptrennen Harzer MTB-Cup - 3 Runden

Category:

Senioren 2

Total time: 3:22:04

Speed: 16.93 km/h

Rank in course/Total: 49 (of 171)

Rank in course/Men: 49 (of 159)

Best time in course: 2:41:06

Rank in category: 3(of 13)

Best time in the category: 3:17:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Total	
								km	Time	km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	19.00	1:02:59	18.10	4	53:12	65	59:23	19.00	1:02:59	18.10	4	53:12	56	0:52	
Lap 2	19.00	1:08:42	16.59	4	4:21	55	14:25	38.00	2:11:41	17.31	3	3:43	51	2:06	
Last lap Finish	19.00	1:10:23	16.20	4	10:23	46	14:47	57.00	3:22:04	16.93	3	4:41	49	40:58	