



19. Schöninger MTB-Cup
Schöningen / 19.08.2017

Detailed evaluation

Plambeck, Lars

Club: Bodymed Cycle Team
Number: 418

Course: 67.60 km
Rennen 1: 67,6 km Marathon

Category:
Senioren 1

Total time: 3:05:58

Speed: 21.62 km/h
Running performance: 2:45 min/km

Rank in course/Total: 7 (of 17)

Rank in course/Men: 7 (of 16)

Best time in course: 2:46:37

Rank in category: 4(of 7)

Best time in the category: 2:46:37

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	0.80	1:43	2:08	4	0:05	8	0:05	0.80	1:43	2:08	4	0:05	8	0:05	
Lap 2	16.50	44:22	2:41	4	3:45	11	3:48	17.30	46:05	2:39	4	3:50	11	3:51	
Lap 3	16.50	45:50	2:46	4	5:48	9	5:50	33.80	1:31:55	2:43	4	9:36	10	9:37	
Lap 4	16.50	45:55	2:46	4	5:01	8	5:01	50.30	2:17:50	2:44	4	14:37	8	14:37	
Last lap Finish	17.30	48:08	2:46	3	4:44	6	5:53	67.60	3:05:58	2:45	4	19:21	7	19:21	