



20. Schöninger MTB-Cup
Schöningen / 18.08.2018

Detailed evaluation

Plambeck, Lars

Club: Bodymed Cycle Team / Team2Beat
Number: 506

Course: 62.50 km

Rennen 1: Marathon Lang

Category:

Masters 2

Total time: 2:42:28.6

Speed: 23.08 km/h

Rank in course/Total: 10 (of 19)

Rank in course/Men: 10 (of 18)

Best time in course: 2:24:32.6

Rank in category: 2(of 5)

Best time in the category: 2:31:51.2

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	12.50	31:08.1	24.09	2	1:08.5	8	3:08.1	12.50	31:08.1	24.09	2	1:08.5	8	3:08.1
Lap 2	12.50	32:33.6	23.04	2	2:14.2	11	3:45.5	25.00	1:03:41.7	23.55	2	3:22.8	8	6:53.7
Lap 3	12.50	32:22.4	23.17	2	1:55.8	9	3:25.4	37.50	1:36:04.2	23.42	2	5:18.7	8	10:19.2
Lap 4	12.50	32:26.2	23.12	2	1:44.8	9	3:35.4	50.00	2:08:30.4	23.35	2	7:03.6	10	13:54.6
Last lap Elmhaus	12.50	33:58.2	22.08	2	3:33.7	10	4:01.3	62.50	2:42:28.6	23.08	2	10:37.3	10	17:56.0