



MTB-Marathon Braunlage

Braunlage / 07.08.2010

Detailed evaluation

Rokahr, Holger

Club: Springe

Number: 120

Course: 95.00 km

Marathon-Tour lang

Category:

Herren

Total time: 5:07:32

Speed: 18.53 km/h

Rank in course/Total: 31 (of 39)

Rank in course/Men: 31 (of 38)

Best time in course: 3:50:19

Rank in category: 11(of 38)

Best time in the category: 3:51:21

Intermediate times

Stage score

Total ranking

Control	Split		Split km/h	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
	km	Time				Pos Men	Behind Men								
Lap 1	11.29	47:15	13.97	32	11:44	32	11:44	11.29	47:15	13.97	17			17	
Lap 2	19.00	58:01	19.65	31	13:10	31	13:10	30.29	1:45:16	17.10	17	7:20	17	7:20	
Lap 3	19.00	59:49	19.06	28	13:56	28	13:56	49.29	2:45:05	17.81	16	8:54	16	8:54	
Lap 4	19.00	1:07:31	16.88	34	19:47	34	19:47	68.29	3:52:36	17.54	15	26:31	15	26:31	
Lap 5	19.00	1:05:56	17.29	30	19:02	30	19:02	87.29	4:58:32	17.49	15	19:23	15	19:23	
Last lap Finish	7.71	9:00	46.67	21	1:06	21	1:06	95.00	5:07:32	18.53	36	3:08:23	36	3:08:23	