



3. Lönskrug "Warm-up-Marathon" für Mountainbiker  
 Hellental (Gemeinde Heinade) / 05.04.2009

Detailed evaluation

Nandrin, Kai

Club: Gerke-Getraenke.de  
 Number: 452

Course: 40.80 km  
 Mitteldistanz Hobby

Category:  
 Masters männlich Hobby

Total time: 1:49:58

Speed: 21.82 km/h

Rank in course/Total: 43 (of 156)

Rank in course/Men: 43 (of 147)

Best time in course: 1:34:38

Rank in category: 18(of 63)

Best time in the category: 1:34:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	16.30	44:21	21.65	23	7:15	53	16:59	16.30	44:21	21.65	52			48
Lap 2	20.40	55:15	21.72	18	55:11	40	55:11	36.70	1:39:36	21.69	48			43 14:02
Last lap Finish	4.10	10:22	23.15	14	1:24	37	1:28	40.80	1:49:58	21.82	20	52:46		48 52:46