



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

Detailed evaluation

Quiska, Stefan

Club: Bad Salzdetfurth Racing
 Number: 259

Course: 40.80 km
 Mitteldistanz Hobby

Category:
 Masters männlich Hobby

Total time: 1:51:31

Speed: 21.95 km/h

Rank in course/Total: 48 (of 156)

Rank in course/Men: 48 (of 147)

Best time in course: 1:34:38

Rank in category: 22(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	16.30	43:40	22.40	18	6:34	44	16:18	16.30	43:40	22.40	56			53	
Lap 2	20.40	57:32	21.27	25	57:28	56	57:28	36.70	1:41:12	21.76	52			48	15:38
Last lap Finish	4.10	10:19	23.84	13	1:21	36	1:25	40.80	1:51:31	21.95	24	54:19		53	54:19