



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

Detailed evaluation

Fritza, Helmut

Club: RC Endspurt Herford  
 Number: 9

Course: 40.80 km  
 Mitteldistanz Hobby

Category:  
 Senioren I Hobby

Total time: 1:52:51

Speed: 21.27 km/h

Rank in course/Total: 53 (of 156)

Rank in course/Men: 53 (of 147)

Best time in course: 1:34:38

Rank in category: 15(of 47)

Best time in the category: 1:36:38

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	44:17	21.68	15	16:55	52	16:55	16.30	44:17	21.68	39	3:07	58		
Lap 2	20.40	58:07	20.65	17	9:26	62	58:03	36.70	1:42:24	21.09	38			53	16:50
Last lap Finish	4.10	10:27	22.97	15	0:57	39	1:33	40.80	1:52:51	21.27	15	16:13	58	55:39	