



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

Detailed evaluation

Rokahr, Holger

Club: Springe  
 Number: 14

Course: 40.80 km  
 Mitteldistanz Hobby

Category:  
 Senioren I Hobby

Total time: 1:52:54

Speed: 21.26 km/h

Rank in course/Total: 54 (of 156)

Rank in course/Men: 54 (of 147)

Best time in course: 1:34:38

Rank in category: 16(of 47)

Best time in the category: 1:36:38

Intermediate times

Stage score

Total ranking

Control	Split		Split km/h	Pos Cat.	Behind Cat.	Pos		Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Men	Men								
Lap 1	16.30	27:22	35.08	1	-	1	-	-	16.30	27:22	35.08	40		59	
Lap 2	20.40	1:14:52	16.03	41	26:11	127	1:14:48		36.70	1:42:14	21.13	39		54	16:40
Last lap Finish	4.10	10:40	22.50	17	1:10	50	1:46		40.80	1:52:54	21.26	16	16:16	59	55:42