



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

Detailed evaluation

Metje, Michael

Club: mmm-bikes.com
 Number: 249

Course: 40.80 km
 Mitteldistanz Hobby

Category:
 Masters männlich Hobby

Total time: 1:53:57

Speed: 21.48 km/h

Rank in course/Total: 58 (of 156)

Rank in course/Men: 58 (of 147)

Best time in course: 1:34:38

Rank in category: 26(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		Behind		Total km	Total Time	Total km/h	Pos		Behind		
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men	
Lap 1	16.30	45:08	21.67	27	8:02	61	17:46	16.30	45:08	21.67	60			63	
Lap 2	20.40	58:06	21.07	28	58:02	61	58:02	36.70	1:43:14	21.33	56			58	17:40
Last lap Finish	4.10	10:43	22.95	25	1:45	54	1:49	40.80	1:53:57	21.48	28	56:45		63	56:45