



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

Detailed evaluation

Szeschek, Alexander

Club: Bad Harzburg
 Number: 434

Course: 40.80 km
 Mitteldistanz Hobby

Category:
 Masters männlich Hobby

Total time: 1:55:42

Speed: 21.16 km/h

Rank in course/Total: 63 (of 156)

Rank in course/Men: 63 (of 147)

Best time in course: 1:34:38

Rank in category: 28(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	km/h	Pos	Behind	Pos				
Lap 1	16.30	45:10	21.65	28	8:04	62	17:48	16.30	45:10	21.65	62					68	
Lap 2	20.40	59:14	20.66	31	59:10	69	59:10	36.70	1:44:24	21.09	58					63	18:50
Last lap Finish	4.10	11:18	21.77	33	2:20	71	2:24	40.80	1:55:42	21.16	30	58:30			68	58:30	