



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

Detailed evaluation

**Buchholz, Volker**

Club: Hochschule OWL  
 Number: 74

Course: 40.80 km  
 Mitteldistanz Hobby

Category:  
 Senioren I Hobby

Total time: 1:57:37

Speed: 20.41 km/h

Rank in course/Total: 71 (of 156)

Rank in course/Men: 71 (of 147)

Best time in course: 1:34:38

Rank in category: 21(of 47)

Best time in the category: 1:36:38

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total |         | Total |             | Total          |            | Total         |  |
|-----------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------|---------|-------|-------------|----------------|------------|---------------|--|
|                 |             |               |               |             |                |            |               | km    | Time    | km/h  | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| Lap 1           | 16.30       | 51:55         | 18.49         | 37          | 24:33          | 116        | 24:33         | 16.30 | 51:55   | 18.49 | 45          | 10:45          | 76         | 5:36          |  |
| Lap 2           | 20.40       | 55:30         | 21.62         | 9           | 6:49           | 41         | 55:26         | 36.70 | 1:47:25 | 20.11 | 44          |                | 71         | 21:51         |  |
| Last lap Finish | 4.10        | 10:12         | 23.53         | 11          | 0:42           | 30         | 1:18          | 40.80 | 1:57:37 | 20.41 | 21          | 20:59          | 76         | 1:00:25       |  |