



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

#### Detailed evaluation

**Nies, Hauke**

Club: Hildesheim  
Number: 439

Course: 40.80 km  
Mitteldistanz Hobby

Category:  
Masters männlich Hobby

Total time: 1:59:43

Speed: 20.05 km/h

Rank in course/Total: 76 (of 156)

Rank in course/Men: 76 (of 147)

Best time in course: 1:34:38

Rank in category: 35(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	Men	Men				Cat.	Men	Men	
Lap 1	16.30	46:16	20.75	30	9:10	67	18:54	16.30	46:16	20.75	6			81
Lap 2	20.40	1:00:50	19.73	34	1:00:46	76	1:00:46	36.70	1:47:06	20.17	5			76 21:32
Last lap Finish	4.10	12:37	19.02	43	3:39	105	3:43	40.80	1:59:43	20.05	37	1:02:31		81 1:02:31