



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

Detailed evaluation

Hinners, Rolf

Club: RSV Bruchhausen - Vilsen
 Number: 283

Course: 40.80 km
 Mitteldistanz Lizenz

Category:
 Senioren I Lizenz

Total time: 2:00:28

Speed: 20.32 km/h

Rank in course/Total: 10 (of 12)

Rank in course/Men: 10 (of 12)

Best time in course: 1:31:35

Rank in category: 2(of 4)

Best time in the category: 1:41:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	16.30	47:36	20.55	2	6:33	10	10:59	16.30	47:36	20.55	2	6:33	10	10:59
Lap 2	20.40	1:01:09	20.02	2	10:15	10	15:05	36.70	1:48:45	20.25	2	16:48	10	26:04
Last lap Finish	4.10	11:43	21.00	2	2:09	10	3:05	40.80	2:00:28	20.32	2	18:57	10	28:53