



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

Detailed evaluation

**Knoke, Thomas**

Club: TSVE 1890 Bielefeld  
 Number: 426

Course: 40.80 km  
 Mitteldistanz Hobby

Category:  
 Senioren I Hobby

Total time: 2:02:19

Speed: 19.62 km/h

Rank in course/Total: 85 (of 156)

Rank in course/Men: 84 (of 147)

Best time in course: 1:34:38

Rank in category: 26(of 47)

Best time in the category: 1:36:38

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	48:15	19.90	27	20:53	86	20:53	16.30	48:15	19.90	3	7:05	89	1:56	
Lap 2	20.40	1:02:04	19.33	27	13:23	86	1:02:00	36.70	1:50:19	19.58	3		84	24:45	
Last lap Finish	4.10	12:00	20.00	30	2:30	88	3:06	40.80	2:02:19	19.62	26	25:41	89	1:05:07	