



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

Detailed evaluation

Rohlfing, Jens

Club: RSV Bruchhausen - Vilsen
 Number: 380

Course: 40.80 km
 Mitteldistanz Hobby

Category:
 Senioren I Hobby

Total time: 2:03:59

Speed: 19.74 km/h

Rank in course/Total: 91 (of 156)

Rank in course/Men: 90 (of 147)

Best time in course: 1:34:38

Rank in category: 29(of 47)

Best time in the category: 1:36:38

Intermediate times

Stage score

Total ranking

Control	Split		Split km/h	Pos Cat.	Behind Cat.	Pos Behind		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Men	Men	km	Time	km/h				
Lap 1	16.30	49:19	19.83	30	21:57	98	21:57	16.30	49:19	19.83	6	8:09	95	3:00
Lap 2	20.40	1:02:38	19.54	28	13:57	89	1:02:34	36.70	1:51:57	19.67	6		90	26:23
Last lap Finish	4.10	12:02	20.44	31	2:32	90	3:08	40.80	2:03:59	19.74	29	27:21	95	1:06:47