



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

Detailed evaluation

Prohn, Arvid

Club: fahrradprofi

Number: 481

Course: 40.80 km

Mitteldistanz Hobby

Category:

Masters männlich Hobby

Total time: 2:06:46

Speed: 18.93 km/h

Rank in course/Total: 97 (of 156)

Rank in course/Men: 96 (of 147)

Best time in course: 1:34:38

Rank in category: 42(of 63)

Best time in the category: 1:34:38

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Lap 1	16.30	49:03	19.57	41	11:57	92	21:41	16.30	49:03	19.57	13		101	2:44
Lap 2	20.40	1:04:53	18.49	46	1:04:49	100	1:04:49	36.70	1:53:56	18.96	12		96	28:22
Last lap Finish	4.10	12:50	18.70	45	3:52	108	3:56	40.80	2:06:46	18.93	44	1:09:34	101	1:09:34