



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: 19.31 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 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	49:03	19.94	41	11:57	92	21:41	16.30	49:03	19.94	13		101	2:44
Lap 2	20.40	1:04:53	18.86	46	1:04:49	100	1:04:49	36.70	1:53:56	19.33	12		96	28:22
Last lap Finish	4.10	12:50	19.17	45	3:52	108	3:56	40.80	2:06:46	19.31	44	1:09:34	101	1:09:34