



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

Detailed evaluation

Kamerau, Frank

Club: Weserbikeland Team
 Number: 376

Course: 40.80 km
 Mitteldistanz Hobby

Category:
 Senioren I Hobby

Total time: 2:07:33

Speed: 18.82 km/h

Rank in course/Total: 102 (of 156)

Rank in course/Men: 101 (of 147)

Best time in course: 1:34:38

Rank in category: 32(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	km/h	Pos	Behind	Pos					Behind
Lap 1	16.30	50:09	19.14	34	22:47	103	22:47	16.30	50:09	19.14	9	8:59	106	3:50				
Lap 2	20.40	1:05:10	18.41	32	16:29	101	1:05:06	36.70	1:55:19	18.73	9		101	29:45				
Last lap Finish	4.10	12:14	19.62	33	2:44	94	3:20	40.80	2:07:33	18.82	32	30:55	106	1:10:21				