



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

Detailed evaluation

Köhler, Roland

Club: RC Endspurt Herford
 Number: 72

Course: 40.80 km
 Mitteldistanz Hobby

Category:
 Senioren I Hobby

Total time: 2:08:28

Speed: 18.68 km/h

Rank in course/Total: 103 (of 156)

Rank in course/Men: 102 (of 147)

Best time in course: 1:34:38

Rank in category: 33(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				
Lap 1	16.30	50:00	19.20	33	22:38	102	22:38	16.30	50:00	19.20	10	8:50	107	3:41			
Lap 2	20.40	1:06:07	18.15	33	17:26	102	1:06:03	36.70	1:56:07	18.60	10		102	30:33			
Last lap Finish	4.10	12:21	19.43	34	2:51	97	3:27	40.80	2:08:28	18.68	33	31:50	107	1:11:16			