



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

Detailed evaluation

Heine, Frank

Club: Höxter
 Number: 44

Course: 40.80 km
 Mitteldistanz Hobby

Category:
 Masters männlich Hobby

Total time: 2:11:14

Speed: 18.29 km/h

Rank in course/Total: 111 (of 156)

Rank in course/Men: 110 (of 147)

Best time in course: 1:34:38

Rank in category: 49(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	50:37	18.97	50	13:31	111	23:15	16.30	50:37	18.97	20		115	4:18
Lap 2	20.40	1:07:45	17.71	50	1:07:41	109	1:07:41	36.70	1:58:22	18.25	19		110	32:48
Last lap Finish	4.10	12:52	18.65	47	3:54	110	3:58	40.80	2:11:14	18.29	51	1:14:02	115	1:14:02