



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

Detailed evaluation

Adam, Siegfried

Club: Horn Bad Meinberg  
 Number: 5

Course: 40.80 km  
 Mitteldistanz Hobby

Category:  
 Senioren I Hobby

Total time: 2:13:42

Speed: 17.95 km/h

Rank in course/Total: 115 (of 156)

Rank in course/Men: 114 (of 147)

Best time in course: 1:34:38

Rank in category: 38(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.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	16.30	47:44	20.11	24	20:22	78	20:22	16.30	47:44	20.11	16	6:34	120	1:25
Lap 2	20.40	1:14:09	16.18	40	25:28	123	1:14:05	36.70	2:01:53	17.72	15	3:03	114	36:19
Last lap Finish	4.10	11:49	20.31	28	2:19	83	2:55	40.80	2:13:42	17.95	39	37:04	120	1:16:30