



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

Detailed evaluation

Sternberg, Jörg

Club: Bike - Sport - Lippe eV
 Number: 28

Course: 40.80 km
 Mitteldistanz Hobby

Category:
 Herren Hobby

Total time: 2:14:43

Speed: 18.17 km/h

Rank in course/Total: 118 (of 156)

Rank in course/Men: 116 (of 147)

Best time in course: 1:34:38

Rank in category: 14(of 22)

Best time in the category: 1:36:52

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	52:18	18.70	16	13:39	119	24:56	16.30	52:18	18.70	8	5:08	122	5:59
Lap 2	20.40	1:09:51	17.52	13	20:54	114	1:09:47	36.70	2:02:09	18.03	8	14:13	116	36:35
Last lap Finish	4.10	12:34	19.58	15	3:18	103	3:40	40.80	2:14:43	18.17	16	1:14:39	122	1:17:31