



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

Detailed evaluation

Twele, Ralph

Club: Dasseler SC Team NoBrake
 Number: 2

Course: 40.80 km
 Mitteldistanz Hobby

Category:
 Senioren I Hobby

Total time: 2:16:02

Speed: 18.00 km/h

Rank in course/Total: 121 (of 156)

Rank in course/Men: 119 (of 147)

Best time in course: 1:34:38

Rank in category: 41(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		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Men	Men	Men				Cat.	Men	Men	
Lap 1	16.30	53:54	18.14	42	26:32	129	26:32	16.30	53:54	18.14	19	12:44	125	7:35
Lap 2	20.40	1:09:46	17.54	38	21:05	113	1:09:42	36.70	2:03:40	17.81	18	4:50	119	38:06
Last lap Finish	4.10	12:22	19.89	36	2:52	99	3:28	40.80	2:16:02	18.00	42	39:24	125	1:18:50