



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

Detailed evaluation

Ebsen, Nils-Holger

Club: Rinteln
Number: 469

Course: 40.80 km
Mitteldistanz Hobby

Category:
Masters männlich Hobby

Total time: 2:23:06

Speed: 17.11 km/h

Rank in course/Total: 131 (of 156)

Rank in course/Men: 129 (of 147)

Best time in course: 1:34:38

Rank in category: 57(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 Cat.	Behind Cat.	Pos Men	Behind Men	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	km/h	Cat.	Cat.	Men	Men
Lap 1	16.30	56:51	17.20	59	19:45	135	29:29	16.30	56:51	17.20	28	5:49	135	10:32
Lap 2	20.40	1:12:10	16.96	53	1:12:06	118	1:12:06	36.70	2:09:01	17.07	27	10:25	129	43:27
Last lap Finish	4.10	14:05	17.47	54	5:07	125	5:11	40.80	2:23:06	17.11	59	1:25:54	135	1:25:54