



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: 16.77 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 km | Total Time | Total km/h | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|-----------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|
| | | | | | | | | | | | | | | |
| Lap 1 | 16.30 | 56:51 | 16.89 | 59 | 19:45 | 135 | 29:29 | 16.30 | 56:51 | 16.89 | 28 | 5:49 | 135 | 10:32 |
| Lap 2 | 20.40 | 1:12:10 | 16.63 | 53 | 1:12:06 | 118 | 1:12:06 | 36.70 | 2:09:01 | 16.74 | 27 | 10:25 | 129 | 43:27 |
| Last lap Finish | 4.10 | 14:05 | 17.04 | 54 | 5:07 | 125 | 5:11 | 40.80 | 2:23:06 | 16.77 | 59 | 1:25:54 | 135 | 1:25:54 |