



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

Detailed evaluation

Köhler, Ira

Club: Emmerthal  
 Number: 53

Course: 40.80 km  
 Mitteldistanz Hobby

Category:  
 Seniorinnen I Hobby

Total time: 2:25:46

Speed: 16.46 km/h

Rank in course/Total: 135 (of 156)

Rank in course/Women: 3 (of 9)

Best time in course: 2:00:32

Rank in category: 1(of 3)

Best time in the category: 2:25:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	16.30	56:43	16.93	1	-	3	8:54	16.30	56:43	16.93	1	-	3	8:54
Lap 2	20.40	1:15:13	15.95	1	-	4	14:20	36.70	2:11:56	16.37	1	-	3	23:14
Last lap Finish	4.10	13:50	17.35	1	-	3	2:00	40.80	2:25:46	16.46	1	-	3	25:14