



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

Detailed evaluation

Salvetzki, Ralf

Club: Wennigsen
 Number: 424

Course: 40.80 km
 Mitteldistanz Hobby

Category:
 Senioren I Hobby

Total time: 2:34:37

Speed: 15.83 km/h

Rank in course/Total: 141 (of 156)

Rank in course/Men: 135 (of 147)

Best time in course: 1:34:38

Rank in category: 45(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			Pos		Behind	
				Cat.	Men	Men	Men	km	Time	km/h	Cat.	Men	Men	
Lap 1	16.30	1:00:22	16.20	47	33:00	142	33:00	16.30	1:00:22	16.20	23	19:12	142	14:03
Lap 2	20.40	1:19:09	15.46	45	30:28	135	1:19:05	36.70	2:19:31	15.78	22	20:41	135	53:57
Last lap Finish	4.10	15:06	16.29	44	5:36	135	6:12	40.80	2:34:37	15.83	46	57:59	142	1:37:25