



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

Detailed evaluation

Werner, Frank

Club: RG Uni Hamburg  
 Number: 346

Course: 61.20 km  
 Langdistanz Hobby

Category:  
 Masters männlich Hobby

Total time: 2:36:35

Speed: 23.37 km/h

Rank in course/Total: 8 (of 41)

Rank in course/Men: 8 (of 39)

Best time in course: 2:18:08

Rank in category: 6(of 15)

Best time in the category: 2:19:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	16.30	40:39	23.62	6	4:16	7	4:16	16.30	40:39	23.62	8			35	
Lap 2	20.40	51:22	23.36	6	5:08	9	16:05	36.70	1:32:01	23.47	8			32	
Lap 3	20.40	54:13	22.13	7	6:38	11	7:29	57.10	2:26:14	23.39	6	16:02		26	
Last lap Finish	4.10	10:21	23.19	6	0:50	11	8:35	61.20	2:36:35	23.37	8	43:09	14	1:25:26	