



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

#### Detailed evaluation

**Galonska, Heiko**

Club: Holzminden

Number: 4

Course: 40.80 km

Mitteldistanz Hobby

Category:

Senioren I Hobby

Total time: 2:36:58

Speed: 15.29 km/h

Rank in course/Total: 142 (of 156)

Rank in course/Men: 136 (of 147)

Best time in course: 1:34:38

Rank in category: 46(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 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	57:36	16.67	45	30:14	139	30:14	16.30	57:36	16.67	24	16:26	143	11:17
Lap 2	20.40	1:23:25	14.39	46	34:44	138	1:23:21	36.70	2:21:01	15.32	23	22:11	136	55:27
Last lap Finish	4.10	15:57	15.05	46	6:27	139	7:03	40.80	2:36:58	15.29	47	1:00:20	143	1:39:46