



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

#### Detailed evaluation

**Binnewies, Carsten**

Club: MTB Team Wilderer Hardegsen  
Number: 328

Course: 61.20 km  
Langdistanz Hobby

Category:  
Senioren I Hobby

Total time: 2:40:03

Speed: 22.87 km/h

Rank in course/Total: 11 (of 41)

Rank in course/Men: 11 (of 39)

Best time in course: 2:18:08

Rank in category: 3(of 14)

Best time in the category: 2:18:08

#### 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	42:02	22.84	3	5:36	12	5:39	16.30	42:02	22.84	4			37	
Lap 2	20.40	52:27	22.88	4	17:10	10	17:10	36.70	1:34:29	22.86	3	11:53		34	
Lap 3	20.40	54:01	22.22	3	7:17	9	7:17	57.10	2:28:30	23.03	3	19:10		23	
Last lap Finish	4.10	11:33	20.78	9	2:45	22	9:47	61.20	2:40:03	22.87	4	41:32	17	1:28:54	