



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

Detailed evaluation

Marquardt, Ralph

Club: SG Athletico Büdelsdorf
 Number: 317

Course: 61.20 km
 Langdistanz Hobby

Category:
 Senioren I Hobby

Total time: 2:42:26

Speed: 22.53 km/h

Rank in course/Total: 13 (of 41)

Rank in course/Men: 13 (of 39)

Best time in course: 2:18:08

Rank in category: 5(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	42:04	22.82	4	5:38	13	5:41	16.30	42:04	22.82	6			39	
Lap 2	20.40	54:07	22.17	6	18:50	14	18:50	36.70	1:36:11	22.46	5	13:35		36	
Lap 3	20.40	56:02	21.42	5	9:18	13	9:18	57.10	2:32:13	22.47	5	22:53		22	
Last lap Finish	4.10	10:13	23.49	4	1:25	9	8:27	61.20	2:42:26	22.53	6	43:55	19	1:31:17	