



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

#### Detailed evaluation

Möhring, Dietmar

Club: RSC - Einbeck 1965 e.V  
Number: 359

Course: 61.20 km  
Langdistanz Lizenz

Category:  
Senioren I Lizenz

Total time: 2:42:49

Speed: 22.48 km/h

Rank in course/Total: 10 (of 17)

Rank in course/Men: 9 (of 16)

Best time in course: 2:16:20

Rank in category: 3(of 7)

Best time in the category: 2:24:43

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind		
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men	
Lap 1	16.30	42:58	22.34	3	6:27	11	7:02	16.30	42:58	22.34	5			11	
Lap 2	20.40	54:15	22.12	4	54:12	10	54:12	36.70	1:37:13	22.22	5			11	
Lap 3	20.40	54:56	21.84	2	3:21	8	9:12	57.10	2:32:09	22.48	3	17:33	9	23:56	
Last lap Finish	4.10	10:40	22.50	2	0:33	7	2:33	61.20	2:42:49	22.48	5	42:15	11	42:15	