



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

#### Detailed evaluation

**Förste, Dave**

Club: Bad Bikers Wernigerode  
Number: 342

Course: 61.20 km  
Langdistanz Hobby

Category:  
Herren Hobby

Total time: 2:43:15

Speed: 22.42 km/h

Rank in course/Total: 14 (of 41)

Rank in course/Men: 14 (of 39)

Best time in course: 2:18:08

Rank in category: 2(of 8)

Best time in the category: 2:38:35

#### 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	44:09	21.74	5	19	3:04	7:46	16.30	44:09	21.74	4			11
Lap 2	20.40	53:31	22.42	1	13	-	18:14	36.70	1:37:40	22.12	3	1:43		37
Lap 3	20.40	54:59	21.82	1	12	-	8:15	57.10	2:32:39	22.40	2			21
Last lap Finish	4.10	10:36	22.64	2	14	8:50	8:50	61.20	2:43:15	22.42	4	1:32:06	20	1:32:06