



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

Detailed evaluation

Elpel, Armin

Club: MBC Hannover e.V.
Number: 450

Course: 61.20 km
Langdistanz Lizenz

Category:
Senioren II Lizenz

Total time: 2:46:46

Speed: 21.95 km/h

Rank in course/Total: 11 (of 17)

Rank in course/Men: 10 (of 16)

Best time in course: 2:16:20

Rank in category: 1(of 2)

Best time in the category: 2:46:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	16.30	42:46	22.45	1	-	10	6:50	16.30	42:46	22.45	1	-	12	
Lap 2	20.40	54:30	22.02	1	-	11	54:27	36.70	1:37:16	22.21	1	-	12	
Lap 3	20.40	58:20	20.57	1	-	11	12:36	57.10	2:35:36	21.98	1	-	10	27:23
Last lap Finish	4.10	11:10	21.49	1	-	11	3:03	61.20	2:46:46	21.95	1	-	12	46:12