



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 | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|-----------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------|---------|-------|-----|--------|-----|-------------|----------------|------------|---------------|
| | | | | | | | | km | Time | km/h | Pos | Behind | Pos | | | | |
| 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 | | | |