



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

#### Detailed evaluation

Lüdtke, Fred

Club: RG UNI Hamburg  
Number: 356

Course: 61.20 km  
Langdistanz Lizenz

Category:  
Senioren I Lizenz

Total time: 2:55:15

Speed: 20.95 km/h

Rank in course/Total: 14 (of 17)

Rank in course/Men: 13 (of 16)

Best time in course: 2:16:20

Rank in category: 5(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 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	53:01	18.45	6	16:30	15	17:05	16.30	53:01	18.45	7	8:17	15	8:17
Lap 2	20.40	54:53	22.30	5	54:50	12	54:50	36.70	1:47:54	20.41	7	0:04	15	0:04
Lap 3	20.40	56:28	21.68	4	4:53	10	10:44	57.10	2:44:22	20.84	5	29:46	13	36:09
Last lap Finish	4.10	10:53	22.60	3	0:46	10	2:46	61.20	2:55:15	20.95	7	54:41	15	54:41