



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

Detailed evaluation

Roshop, Ralf

Club: Weser-Express  
 Number: 329

Course: 61.20 km  
 Langdistanz Hobby

Category:  
 Senioren I Hobby

Total time: 2:58:12

Speed: 20.54 km/h

Rank in course/Total: 23 (of 41)

Rank in course/Men: 23 (of 39)

Best time in course: 2:18:08

Rank in category: 11(of 14)

Best time in the category: 2:18:08

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	45:45	20.98	9	9:19	23	9:22	16.30	45:45	20.98	12			10
Lap 2	20.40	58:36	20.48	11	23:19	23	23:19	36.70	1:44:21	20.70	11	21:45		9
Lap 3	20.40	1:01:39	19.46	11	14:55	22	14:55	57.10	2:46:00	20.60	11	36:40		7
Last lap Finish	4.10	12:12	19.67	12	3:24	29	10:26	61.20	2:58:12	20.54	12	59:41		29 1:47:03