



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

Detailed evaluation

Laudert, Holger

Club: MTB-Team Heiligenhaus
 Number: 411

Course: 61.20 km
 Langdistanz Hobby

Category:
 Masters männlich Hobby

Total time: 3:04:30

Speed: 19.84 km/h

Rank in course/Total: 24 (of 41)

Rank in course/Men: 24 (of 39)

Best time in course: 2:18:08

Rank in category: 8(of 15)

Best time in the category: 2:19:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	16.30	50:45	18.92	14	14:22	33	14:22	16.30	50:45	18.92	10	6:45	1	-
Lap 2	20.40	1:00:54	19.70	9	14:40	26	25:37	36.70	1:51:39	19.35	10	9:31	10	2:22
Lap 3	20.40	1:00:52	19.72	8	13:17	20	14:08	57.10	2:52:31	19.82	8	42:19	8	
Last lap Finish	4.10	11:59	20.03	9	2:28	26	10:13	61.20	3:04:30	19.84	10	1:11:04	30	1:53:21