



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

Detailed evaluation

Schröder, Norbert

Club: Cuxhaven
 Number: 312

Course: 61.20 km
 Langdistanz Hobby

Category:
 Senioren I Hobby

Total time: 3:10:47

Speed: 19.25 km/h

Rank in course/Total: 28 (of 41)

Rank in course/Men: 28 (of 39)

Best time in course: 2:18:08

Rank in category: 12(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	50:26	19.39	10	14:00	31	14:03	16.30	50:26	19.39	11		8	
Lap 2	20.40	1:05:28	18.70	12	30:11	32	30:11	36.70	1:55:54	19.00	12	33:18	14	6:37
Lap 3	20.40	1:03:30	19.28	12	16:46	25	16:46	57.10	2:59:24	19.10	12	50:04	12	3:38
Last lap Finish	4.10	11:23	21.61	7	2:35	20	9:37	61.20	3:10:47	19.25	13	1:12:16	34	1:59:38