



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

Detailed evaluation

Saß, Karsten

Club: Ilsede  
 Number: 433

Course: 20.40 km  
 Kurzdistanz Hobby

Category:  
 Senioren I Hobby

Total time: 1:19:14

Speed: 15.15 km/h

Rank in course/Total: 25 (of 30)

Rank in course/Men: 22 (of 26)

Best time in course: 45:12

Rank in category: 8(of 8)

Best time in the category: 50:54

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	1:05:14	14.72	8	24:08	23	28:40	16.30	1:05:14	14.72	8	24:08	6	15:17
Last lap Finish	4.10	14:00	17.14	8	4:12	19	5:26	20.40	1:19:14	15.15	8	28:20	22	34:02