



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

Detailed evaluation

Koch, Lars

Club: WSV Beverungen
Number: 41

Course: 40.80 km
Mitteldistanz Hobby

Category:
Masters männlich Hobby

Total time: 1:39:10

Speed: 24.20 km/h

Rank in course/Total: 10 (of 156)

Rank in course/Men: 10 (of 147)

Best time in course: 1:34:38

Rank in category: 6(of 63)

Best time in the category: 1:34:38

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Lap 1	16.30	40:06	23.94	6	3:00	13	12:44	16.30	40:06	23.94	40		15	
Lap 2	20.40	49:25	24.28	6	49:21	10	49:21	36.70	1:29:31	24.13	36		10	3:57
Last lap Finish	4.10	9:39	24.87	6	0:41	11	0:45	40.80	1:39:10	24.20	8	41:58	15	41:58