



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

Detailed evaluation

Nolkemper, Rolf

Club: Wiehenbiker.com
 Number: 23

Course: 40.80 km
 Mitteldistanz Hobby

Category:
 Senioren II Hobby

Total time: 1:42:31

Speed: 23.41 km/h

Rank in course/Total: 16 (of 156)

Rank in course/Men: 16 (of 147)

Best time in course: 1:34:38

Rank in category: 1(of 7)

Best time in the category: 1:42:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	km/h	Pos	Behind	Pos				
Lap 1	16.30	40:19	23.81	1	-	15	12:57	16.30	40:19	23.81	1	-	21				
Lap 2	20.40	52:31	22.85	2	0:12	22	52:27	36.70	1:32:50	23.27	1	-	16	7:16			
Last lap Finish	4.10	9:41	24.78	1	-	12	0:47	40.80	1:42:31	23.41	1	-	21	45:19			