



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

#### Detailed evaluation

Öhme, Ronald

Club: Team Biker -Border / RSV Sehmert  
Number: 447

Course: 40.80 km  
Mitteldistanz Lizenz

Category:  
Herren Lizenz

Total time: 1:43:06

Speed: 23.74 km/h

Rank in course/Total: 7 (of 12)

Rank in course/Men: 7 (of 12)

Best time in course: 1:31:35

Rank in category: 3(of 4)

Best time in the category: 1:31:35

#### 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	40:57	23.88	3	4:20	6	4:20	16.30	40:57	23.88	3	4:20	7	4:20
Lap 2	20.40	52:03	23.52	3	5:59	7	5:59	36.70	1:33:00	23.68	3	10:19	7	10:19
Last lap Finish	4.10	10:06	24.36	3	1:12	7	1:28	40.80	1:43:06	23.74	3	11:31	7	11:31