



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

Detailed evaluation

Öhme, Ronald

Total time: 1:43:06

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

Speed: 23.28 km/h

Course: 40.80 km
 Mitteldistanz Lizenz

Rank in course/Total: 7 (of 12)

Rank in course/Men: 7 (of 12)

Best time in course: 1:31:35

Category:
 Herren Lizenz

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		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	16.30	40:57	23.44	3	4:20	6	4:20	16.30	40:57	23.44	3	4:20	7	4:20
Lap 2	20.40	52:03	23.05	3	5:59	7	5:59	36.70	1:33:00	23.23	3	10:19	7	10:19
Last lap Finish	4.10	10:06	23.76	3	1:12	7	1:28	40.80	1:43:06	23.28	3	11:31	7	11:31