



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

#### Detailed evaluation

Krug, Christian

Club: Nordharzer Racing Team/Bad Bikes  
Number: 432

Course: 40.80 km  
Mitteldistanz Hobby

Category:  
Masters männlich Hobby

Total time: 1:48:25

Speed: 22.58 km/h

Rank in course/Total: 34 (of 156)

Rank in course/Men: 34 (of 147)

Best time in course: 1:34:38

Rank in category: 13(of 63)

Best time in the category: 1:34:38

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	16.30	43:31	22.47	16	6:25	42	16:09	16.30	43:31	22.47	47		39	
Lap 2	20.40	54:47	22.34	14	54:43	34	54:43	36.70	1:38:18	22.40	43		34	12:44
Last lap Finish	4.10	10:07	24.32	7	1:09	24	1:13	40.80	1:48:25	22.58	15	51:13	39	51:13