



LVM Marathon Niedersachsen
Clausthal-Zellerfeld / 17.05.2009

Detailed evaluation

Elpel, Armin

Club: MBC Hannover
Number: 114

Course: 102.00 km
LVM Marathon Niedersachsen

Category:
Rennen 14, Senioren 2/3 Lizenz

Total time: 5:34:33

Speed: 18.29 km/h

Rank in course/Total: 14 (of 20)

Rank in course/Men: 14 (of 19)

Best time in course: 4:23:06

Rank in category: 7(of 8)

Best time in the category: 4:27:34

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
Rundenkontrolle	22.00	54:18	24.31	6	9:14	13	9:57	22.00	54:18	24.31	8		3	7:17
Rundenkontrolle	34.00	1:47:28	18.98	7	19:55	14	22:29	56.00	2:41:46	20.77	8		3	22:29
Rundenkontrolle	34.00	1:57:28	17.37	7	25:22	15	28:15	90.00	4:39:14	19.34	7	54:31	14	56:54
Finish	12.00	55:19	13.02	7	12:28	15	14:33	102.00	5:34:33	18.29	8	1:47:58	18	3:27:22