



4. Lönskrug "Warm-up-Marathon" für Mountainbiker  
Hellental (Gemeinde Heinade) / 18.04.2010

Detailed evaluation

**Buchholz, Volker**

Club: Lemgo  
Number: 40

Course: 40.80 km  
Mitteldistanz Hobby

Category:  
Senioren II Hobby

Total time: 1:52:32

Speed: 21.33 km/h  
Running performance: 21,75 min/km

Rank in course/Total: 59 (of 141)

Rank in course/Men: 58 (of 129)

Best time in course: 1:31:26

Rank in category: 5(of 11)

Best time in the category: 1:37:09