



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

Detailed evaluation

Köhler, Roland

Club: RC ENDSPURT HERFORD

Number: 143

Course: 40.80 km

Mitteldistanz Hobby

Category:

Senioren I Hobby

Total time: 1:54:03

Speed: 21.04 km/h

Running performance: 21,46 min/km

Rank in course/Total: 69 (of 141)

Rank in course/Men: 68 (of 129)

Best time in course: 1:31:26

Rank in category: 22(of 51)

Best time in the category: 1:36:16