



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

Detailed evaluation

**Twele, Ralph**

Club: Dasseler SC - Team NoBrake  
Number: 133

Course: 40.80 km  
Mitteldistanz Hobby

Category:  
Senioren I Hobby

Total time: 2:08:54

Speed: 18.62 km/h  
Running performance: 18,99 min/km

Rank in course/Total: 106 (of 141)

Rank in course/Men: 103 (of 129)

Best time in course: 1:31:26

Rank in category: 34(of 51)

Best time in the category: 1:36:16