



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

Detailed evaluation

**Westphal, Dieter**

Club: Wolfgangs Fahrradtreff Goslar  
Number: 298

Course: 40.80 km  
Mitteldistanz Hobby

Category:  
Senioren I Hobby

Total time: 2:24:58

Speed: 16.56 km/h  
Running performance: 16,89 min/km

Rank in course/Total: 126 (of 141)

Rank in course/Men: 119 (of 129)

Best time in course: 1:31:26

Rank in category: 44(of 51)

Best time in the category: 1:36:16