



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

Detailed evaluation

Helmker, Frank

Club: Focus BADSALZDETFURTH racing  
Number: 545

Course: 61.20 km  
Langdistanz Hobby

Category:  
Senioren II Hobby

Total time: 2:39:59

Speed: 22.88 km/h  
Running performance: 22,95 min/km

Rank in course/Total: 24 (of 60)

Rank in course/Men: 24 (of 56)

Best time in course: 2:14:55

Rank in category: 1(of 8)

Best time in the category: 2:39:59