



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

Detailed evaluation

**Binnewies, Carsten**

Club: MTB Team Wilderer Hardeggen  
Number: 529

Course: 61.20 km  
Langdistanz Hobby

Category:  
Senioren I Hobby

Total time: 3:12:08

Speed: 19.05 km/h  
Running performance: 19,11 min/km

Rank in course/Total: 51 (of 60)

Rank in course/Men: 47 (of 56)

Best time in course: 2:14:55

Rank in category: 15(of 21)

Best time in the category: 2:14:55