



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

Detailed evaluation

Fricke, Helmut

Club: Dasseler-Sport-Club  
Number: 431

Course: 20.40 km  
Kurzdistanz Hobby

Category:  
Senioren II Hobby

Total time: 1:02:16

Speed: 19.27 km/h  
Running performance: 19,66 min/km

Rank in course/Total: 28 (of 41)

Rank in course/Men: 27 (of 33)

Best time in course: 45:50

Rank in category: 2(of 2)

Best time in the category: 1:00:25