



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

Detailed evaluation

**Spieker, Norbert**

Club: Fitness-Center-Spieker  
Number: 335

Course: 40.80 km  
Mitteldistanz Hobby

Category:  
Senioren II Hobby

Total time: 1:37:09

Speed: 24.70 km/h  
Running performance: 25,20 min/km

Rank in course/Total: 9 (of 141)

Rank in course/Men: 9 (of 129)

Best time in course: 1:31:26

Rank in category: 1(of 11)

Best time in the category: 1:37:09