



5. Lönskrug Warm-Up MTB-Marathon  
Hellental (Gemeinde Heinade) / 17.04.2011

Detailed evaluation

**Sternberg, Jörg**

Club: Bike-Sport-Lippe e. V.  
Number: 41

Course: 40.80 km  
Mitteldistanz Hobby

Category:  
Herren Hobby

Total time: 2:04:45

Speed: 19.24 km/h

Rank in course/Total: 73 (of 101)

Rank in course/Men: 73 (of 96)

Best time in course: 1:27:59

Rank in category: 14(of 14)

Best time in the category: 1:30:22

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |               |             |                |            |               |
|-----------------|-------------|---------------|---------------|-------------|----------------|-------------|---------------|---------------|---------------|---------------|-------------|----------------|------------|---------------|
|                 |             |               |               |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 16.30       | 47:27         | 20.23         | 13          | 11:12          | 68          | 12:49         | 16.30         | 47:27         | 20.23         | 14          | 11:12          | 47         | 2:18          |
| Lap 2           | 20.40       | 1:04:53       | 18.49         | 14          | 19:11          | 74          | 20:20         | 36.70         | 1:52:20       | 19.23         | 14          | 30:23          | 47         | 7:06          |
| Last lap Finish | 4.10        | 12:25         | 19.33         | 14          | 4:00           | 78          | 4:00          | 40.80         | 2:04:45       | 19.24         | 14          | 34:23          | 73         | 1:26:09       |