



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

Detailed evaluation

**Spieker, Norbert**

Club: Fitness-Center-Spieker.de  
Number: 625

Course: 61.20 km  
Langdistanz Hobby

Category:  
Senioren II Hobby

Total time: 2:38:25

Speed: 23.10 km/h

Rank in course/Total: 9 (of 25)

Rank in course/Men: 9 (of 23)

Best time in course: 2:13:01

Rank in category: 1(of 3)

Best time in the category: 2:38:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	16.30	40:08	23.92	1	-	6	4:53	16.30	40:08	23.92	1	-	15	
Lap 2	20.40	52:04	23.05	1	-	7	7:59	36.70	1:32:12	23.43	1	-	15	
Lap 3	20.40	55:11	21.75	1	-	9	10:32	57.10	2:27:23	23.20	1	-	15	
Last lap Finish	4.10	11:02	21.75	1	-	11	2:00	61.20	2:38:25	23.10	1	-	10	25:24