



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

Detailed evaluation

Elpel, Armin

Club: ARC Hannover
Number: 238

Course: 61.20 km
Langdistanz Lizenz

Category:
Senioren II Lizenz

Total time: 2:49:11

Speed: 21.70 km/h

Rank in course/Total: 11 (of 12)

Rank in course/Men: 11 (of 12)

Best time in course: 2:12:39

Rank in category: 1(of 1)

Best time in the category: 2:49:11

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	41:46	23.42	1	-	10	7:11	16.30	41:46	23.42	1	-	11	7:00
Lap 2	20.40	56:33	21.64	1	-	11	12:08	36.70	1:38:19	22.40	1	-	11	19:08
Lap 3	20.40	59:29	20.58	1	-	10	14:33	57.10	2:37:48	21.71	1	-	11	33:41
Last lap Finish	4.10	11:23	21.61	1	-	10	2:51	61.20	2:49:11	21.70	1	-	11	36:32