



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

Detailed evaluation

Adam, Siegfried

Club: Horn Bad Meinberg  
Number: 10

Course: 40.80 km  
Mitteldistanz Hobby

Category:  
Senioren I Hobby

Total time: 1:48:38

Speed: 22.09 km/h

Rank in course/Total: 36 (of 101)

Rank in course/Men: 36 (of 96)

Best time in course: 1:27:59

Rank in category: 8(of 36)

Best time in the category: 1:39:22

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	42:34	22.55	9	2:08	42	7:56	16.30	42:34	22.55	26				72
Lap 2	20.40	55:33	21.60	9	6:20	36	11:00	36.70	1:38:07	22.01	26				72
Last lap Finish	4.10	10:31	22.82	13	1:12	46	2:06	40.80	1:48:38	22.09	8	9:16		37	1:10:02