



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

Detailed evaluation

Paland, Udo

Club: Alfeld  
Number: 58

Course: 40.80 km  
Mitteldistanz Hobby

Category:  
Senioren II Hobby

Total time: 1:48:40

Speed: 22.53 km/h

Rank in course/Total: 37 (of 101)

Rank in course/Men: 37 (of 96)

Best time in course: 1:27:59

Rank in category: 3(of 8)

Best time in the category: 1:42:59

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	43:30	22.48	3	3:08	46	8:52	16.30	43:30	22.48	3	3:08	83	
Lap 2	20.40	54:55	22.29	3	1:56	34	10:22	36.70	1:38:25	22.37	3	4:58	83	
Last lap Finish	4.10	10:15	24.00	3	0:43	36	1:50	40.80	1:48:40	22.53	3	5:41	38	1:10:04