



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

Detailed evaluation

Frommelt, Michael

Club: Alpin Club Hannover
 Number: 211

Course: 40.80 km
 Mitteldistanz Hobby

Category:
 Senioren II Hobby

Total time: 1:53:34

Speed: 21.13 km/h

Rank in course/Total: 47 (of 101)

Rank in course/Men: 47 (of 96)

Best time in course: 1:27:59

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	16.30	43:48	21.92	4	3:26	50	9:10	16.30	43:48	21.92	4	3:26	73	
Lap 2	20.40	59:01	20.33	4	6:02	52	14:28	36.70	1:42:49	21.01	4	9:22	73	
Last lap Finish	4.10	10:45	22.33	4	1:13	50	2:20	40.80	1:53:34	21.13	4	10:35	48	1:14:58