



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

Detailed evaluation

Köhler, Roland

Club: RC Endspurt Herford  
Number: 54

Course: 40.80 km  
Mitteldistanz Hobby

Category:  
Senioren I Hobby

Total time: 1:54:01

Speed: 21.05 km/h

Rank in course/Total: 50 (of 101)

Rank in course/Men: 50 (of 96)

Best time in course: 1:27:59

Rank in category: 14(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	45:09	21.26	16	4:43	56	10:31	16.30	45:09	21.26	32			1	-
Lap 2	20.40	58:33	20.50	13	9:20	49	14:00	36.70	1:43:42	20.83	31			23	
Last lap Finish	4.10	10:19	23.26	9	1:00	40	1:54	40.80	1:54:01	21.05	14	14:39		51	1:15:25