



6. Lönskrug \"Warm-up-Marathon\" für Moutainbiker
 Hellental (Gemeinde Heinade) / 14.04.2013

Detailed evaluation

Helmker, Frank

Club: Focus Rapiro Racing
 Number: 269

Course: 61.20 km
 Langdistanz

Category:
 Senioren II

Total time: 2:52:27

Speed: 21.22 km/h

Rank in course/Total: 14 (of 33)

Rank in course/Men: 14 (of 31)

Best time in course: 2:23:06

Rank in category: 2(of 6)

Best time in the category: 2:39:58

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	43:45	21.94	2	3:38	17	7:20	16.30	43:45	21.94	2	3:38	18	
Lap 2	20.40	57:21	20.92	2	3:59	15	8:57	36.70	1:41:06	21.36	2	7:37	18	
Lap 3	20.40	59:55	20.03	2	4:04	14	59:49	57.10	2:41:01	21.24	2	11:41	18	
Last lap Finish	4.10	11:26	20.99	2	0:48	14	2:36	61.20	2:52:27	21.22	2	12:29	14	29:21