



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

Detailed evaluation

Koch, Dirk

Club: Team Springe
 Number: 56

Course: 40.80 km
 Mitteldistanz

Category:
 Senioren I

Total time: 1:44:33

Speed: 22.96 km/h

Rank in course/Total: 9 (of 74)

Rank in course/Men: 9 (of 68)

Best time in course: 1:35:43

Rank in category: 4(of 33)

Best time in the category: 1:41:02

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	40:42	23.59	4	1:59	9	3:25	16.30	40:42	23.59	29				42
Lap 2	20.40	53:18	22.51	4	0:59	11	53:12	36.70	1:34:00	22.98	29				41
Last lap Finish	4.10	10:33	22.75	4	0:41	8	0:47	40.80	1:44:33	22.96	4	3:31		10	36:54