



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

Detailed evaluation

Nolte, Frank

Club: Hildesheim
 Number: 257

Course: 40.80 km
 Mitteldistanz

Category:
 Senioren I

Total time: 1:52:33

Speed: 21.32 km/h

Rank in course/Total: 21 (of 74)

Rank in course/Men: 21 (of 68)

Best time in course: 1:35:43

Rank in category: 11(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	43:39	21.99	11	4:56	21	6:22	16.30	43:39	21.99	22			54	
Lap 2	20.40	57:30	20.87	11	5:11	23	57:24	36.70	1:41:09	21.35	22			53	
Last lap Finish	4.10	11:24	21.05	8	1:32	17	1:38	40.80	1:52:33	21.32	11	11:31		22	44:54