



7. Lönskrug \"Warm-up-Marathon\"  
Hellental (Gemeinde Heinade) / 06.04.2014

### Detailed evaluation

**Gomes, Helder**

Club: DDMC Solling e.V  
Number: 23

Course: 40.80 km  
Mitteldistanz

Category:  
Senioren II

Total time: 1:41:41

Speed: 23.60 km/h

Rank in course/Total: 43 (of 109)

Rank in course/Men: 43 (of 100)

Best time in course: 1:24:36

Rank in category: 4(of 17)

Best time in the category: 1:39:50

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Lap 1	16.30	39:23	24.38	4	0:14	37	5:50	16.30	39:23	24.38	4	0:14	82	
Lap 2	20.40	52:11	23.00	4	1:13	48	9:20	36.70	1:31:34	23.59	4	1:27	78	
Last lap Finish	4.10	10:07	23.72	6	0:30	52	1:55	40.80	1:41:41	23.60	4	1:51	43	17:05