



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

Detailed evaluation

Caninenberg, Jens

Club: DDMC Solling e.V.
 Number: 16

Course: 40.80 km
 Mitteldistanz

Category:
 Senioren I

Total time: 1:42:08

Speed: 23.50 km/h

Rank in course/Total: 46 (of 109)

Rank in course/Men: 46 (of 100)

Best time in course: 1:24:36

Rank in category: 19(of 36)

Best time in the category: 1:30:20

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	40:50	23.51	20	5:23	52	7:17	16.30	40:50	23.51	10				79	
Lap 2	20.40	51:28	23.32	17	5:33	42	8:37	36.70	1:32:18	23.40	10				75	
Last lap Finish	4.10	9:50	24.41	17	1:14	40	1:38	40.80	1:42:08	23.50	19	11:48			46	17:32