



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

Detailed evaluation

Adam, Siegfried

Club: Horn Bad Meinberg  
 Number: 1

Course: 40.80 km  
 Mitteldistanz

Category:  
 Senioren II

Total time: 1:43:17

Speed: 23.70 km/h

Rank in course/Total: 49 (of 109)

Rank in course/Men: 49 (of 100)

Best time in course: 1:24:36

Rank in category: 6(of 17)

Best time in the category: 1:39:50

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	40:53	23.92	6	1:44	54	7:20	16.30	40:53	23.92	6	1:44	76		
Lap 2	20.40	52:15	23.43	6	1:17	50	9:24	36.70	1:33:08	23.64	6	3:01	22		
Last lap Finish	4.10	10:09	24.24	7	0:32	53	1:57	40.80	1:43:17	23.70	6	3:27	49	18:41	