



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

Detailed evaluation

Benke, Ralf

Club: BSG BVI  
Number: 333

Course: 40.80 km  
Mitteldistanz

Category:  
Senioren I

Total time: 1:50:13

Speed: 21.78 km/h

Rank in course/Total: 65 (of 109)

Rank in course/Men: 64 (of 100)

Best time in course: 1:24:36

Rank in category: 23(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	42:36	22.54	25	7:09	65	9:03	16.30	42:36	22.54	5			12	
Lap 2	20.40	56:39	21.18	24	10:44	64	13:48	36.70	1:39:15	21.76	5			10	1:51
Last lap Finish	4.10	10:58	21.88	25	2:22	70	2:46	40.80	1:50:13	21.78	23	19:53		64	25:37