



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

Detailed evaluation

**Bönnighausen, Matthias**

Club: Fichtenflitzer Bad Driburg  
Number: 15

Course: 40.80 km  
Mitteldistanz

Category:  
Senioren I

Total time: 1:52:00

Speed: 21.43 km/h

Rank in course/Total: 73 (of 109)

Rank in course/Men: 71 (of 100)

Best time in course: 1:24:36

Rank in category: 26(of 36)

Best time in the category: 1:30:20

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |               |             |                |            |               |       |
|-----------------|-------------|---------------|---------------|-------------|----------------|-------------|---------------|---------------|---------------|---------------|-------------|----------------|------------|---------------|-------|
|                 |             |               |               |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |       |
| Lap 1           | 16.30       | 41:01         | 23.41         | 22          | 5:34           | 56          | 7:28          | 16.30         | 41:01         | 23.41         | 8           |                |            | 5             |       |
| Lap 2           | 20.40       | 53:42         | 22.35         | 22          | 7:47           | 57          | 10:51         | 36.70         | 1:34:43       | 22.80         | 8           |                |            | 4             |       |
| Last lap Finish | 4.10        | 17:17         | 13.89         | 36          | 8:41           | 98          | 9:05          | 40.80         | 1:52:00       | 21.43         | 26          | 21:40          |            | 71            | 27:24 |