



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	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	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