



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

Detailed evaluation

Köhler, Roland

Club: RC Endspurt Herford
Number: 410

Course: 40.80 km
Mitteldistanz

Category:
Senioren I

Total time: 1:54:36

Speed: 20.94 km/h

Rank in course/Total: 78 (of 109)

Rank in course/Men: 76 (of 100)

Best time in course: 1:24:36

Rank in category: 28(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	44:32	21.56	29	9:05	76	10:59	16.30	44:32	21.56	1	-	49	1:53
Lap 2	20.40	58:40	20.45	28	12:45	75	15:49	36.70	1:43:12	20.93	1	-	47	5:48
Last lap Finish	4.10	11:24	21.05	29	2:48	81	3:12	40.80	1:54:36	20.94	28	24:16	76	30:00