



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

Detailed evaluation

Messerschmidt, Sabrina

Club: DDMC Solling e.V.
 Number: 8

Course: 40.80 km
 Mitteldistanz

Category:
 Damen

Total time: 1:56:33

Speed: 20.59 km/h

Rank in course/Total: 84 (of 109)

Rank in course/Women: 3 (of 9)

Best time in course: 1:47:20

Rank in category: 1(of 3)

Best time in the category: 1:56:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	16.30	45:15	21.22	1	-	3	3:24	16.30	45:15	21.22	1	-	3	3:24
Lap 2	20.40	59:43	20.09	1	-	3	4:53	36.70	1:44:58	20.58	1	-	3	8:17
Last lap Finish	4.10	11:35	20.72	1	-	3	1:04	40.80	1:56:33	20.59	1	-	3	9:13