



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: 21.00 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			Pos		Behind		Total			Pos		Behind	
	km	Time	km/h	Cat.	Cat.	Women	Women	km	Time	km/h	Cat.	Cat.	Women	Women
Lap 1	16.30	45:15	21.61	1	-	3	3:24	16.30	45:15	21.61	1	-	3	3:24
Lap 2	20.40	59:43	20.50	1	-	3	4:53	36.70	1:44:58	20.98	1	-	3	8:17
Last lap Finish	4.10	11:35	21.24	1	-	3	1:04	40.80	1:56:33	21.00	1	-	3	9:13