



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

Detailed evaluation

**Berndt, Arnd**

Club: Convent Racing  
Number: 6

Course: 40.80 km  
Mitteldistanz

Category:  
Senioren II

Total time: 2:03:16

Speed: 19.47 km/h

Rank in course/Total: 94 (of 109)

Rank in course/Men: 91 (of 100)

Best time in course: 1:24:36

Rank in category: 14(of 17)

Best time in the category: 1:39:50

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	48:37	19.75	13	9:28	89	15:04	16.30	48:37	19.75	14	9:28	34	5:58
Lap 2	20.40	1:03:12	18.99	14	12:14	88	20:21	36.70	1:51:49	19.32	14	21:42	33	14:25
Last lap Finish	4.10	11:27	20.96	14	1:50	82	3:15	40.80	2:03:16	19.47	14	23:26	91	38:40