



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

Detailed evaluation

holz, mirco

Total time: 2:28:11

Club: R.C. ENDSPURT HERFORD/ Team Powerslide  
 Number: 214

Speed: 24.70 km/h

Course: 61.20 km  
 Langdistanz Lizenz

Rank in course/Total: 23 (of 28)

Rank in course/Men: 23 (of 28)

Best time in course: 2:02:10

Category:

Rank in category: 8(of 8)

Senioren I

Best time in the category: 2:08:55

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	37:40	25.49	8	3:55	20	4:31	16.30	37:40	25.49	8	3:55	5	3:23
Lap 2	20.40	48:50	24.57	8	5:53	21	8:59	36.70	1:26:30	24.97	8	9:48	5	8:19
Lap 3	20.40	52:13	22.98	8	7:55	22	11:03	57.10	2:18:43	24.65	8	17:43	4	15:10
Last lap Finish	4.10	9:28	25.35	7	2:24	22	2:24	61.20	2:28:11	24.70	8	19:16	23	26:01