



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. | 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 |