



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

Detailed evaluation

Friedrich, Sven

Club: Hildesheim
 Number: 266

Course: 20.40 km
 Kurzdistanz

Category:
 Senioren I

Total time: 49:49

Speed: 24.09 km/h

Rank in course/Total: 5 (of 31)

Rank in course/Men: 5 (of 27)

Best time in course: 44:20

Rank in category: 1(of 8)

Best time in the category: 49:49

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	39:33	24.27	1	-	4	4:02	16.30	39:33	24.27	1	-	22		
Last lap Finish	4.10	10:16	23.38	2	0:35	7	1:27	20.40	49:49	24.09	1	-	5	5:29	