



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

Detailed evaluation

Helmker, Frank

Club: Focus RAPIRO racing
 Number: 439

Course: 61.20 km
 Langdistanz

Category:
 Senioren II

Total time: 2:32:57

Speed: 23.93 km/h

Rank in course/Total: 15 (of 30)

Rank in course/Men: 15 (of 27)

Best time in course: 2:09:18

Rank in category: 2(of 8)

Best time in the category: 2:28:04

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	40:26	23.74	4	2:45	17	6:46	16.30	40:26	23.74	2	2:45	13	1:41
Lap 2	20.40	0:04	18,000.00	1	-	1	-	36.70	40:30	53.33	2		13	
Lap 3	20.40	50:19	23.85	1	-	11	6:04	57.10	1:30:49	37.66	2		12	
Last lap Finish	4.10	1:02:08	3.86	7	52:37	25	53:45	61.20	2:32:57	23.93	2	4:53	15	23:39