



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

Detailed evaluation

Marquardt, Ralph

Club: SG Athletico Büdelsdorf
 Number: 223

Course: 61.20 km
 Langdistanz

Category:
 Senioren II

Total time: 2:40:54

Speed: 22.75 km/h

Rank in course/Total: 21 (of 30)

Rank in course/Men: 21 (of 27)

Best time in course: 2:09:18

Rank in category: 6(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		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Lap 1	16.30	40:01	23.99	3	16	2:20	6:21	16.30	40:01	23.99	6	16	2:20	6:21
Lap 2	20.40	52:46	22.74	5	20	52:42	52:42	36.70	1:32:47	23.28	6	20	6:11	2:51
Lap 3	20.40	56:31	21.23	6	21	6:12	12:16	57.10	2:29:18	22.91	6	21	10:45	7:06
Last lap Finish	4.10	11:36	20.69	6	23	2:05	3:13	61.20	2:40:54	22.75	6	21	12:50	31:36