



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<br>km | Split<br>Time | Split<br>km/h | Pos  |     | Behind |       | Total<br>km | Total<br>Time | Total<br>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    | 6   | 2:20   | 1:16  |
| Lap 2           | 20.40       | 52:46         | 22.74         | 5    | 20  | 52:42  | 52:42 | 36.70       | 1:32:47       | 23.28         | 6    | 6   | 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    | 6   | 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 |