



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

Detailed evaluation

Wietzorek, Sonja

Club: Prowell Germany  
 Number: 264

Course: 61.20 km  
 Langdistanz

Category:  
 Seniorinnen II

Total time: 3:05:04

Speed: 19.84 km/h

Rank in course/Total: 27 (of 30)

Rank in course/Women: 2 (of 3)

Best time in course: 2:49:07

Rank in category: 1(of 1)

Best time in the category: 3:05:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	16.30	46:05	21.22	1	-	2	2:47	16.30	46:05	21.22	1	-	2	2:47
Lap 2	20.40	1:01:57	19.76	1	-	2	4:56	36.70	1:48:02	20.38	1	-	2	7:43
Lap 3	20.40	1:04:09	19.08	1	-	2	6:19	57.10	2:52:11	19.90	1	-	2	14:02
Last lap Finish	4.10	12:53	19.09	1	-	2	1:55	61.20	3:05:04	19.84	1	-	2	15:57