



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

Detailed evaluation

Schwerdtfeger, Gerd

Club: DDMC Solling e.V.
 Number: 320

Course: 20.40 km
 Kurzdistanz

Category:
 Senioren I

Total time: 51:25

Speed: 23.34 km/h

Rank in course/Total: 9 (of 31)

Rank in course/Men: 9 (of 27)

Best time in course: 44:20

Rank in category: 3(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	41:03	23.39	3	1:30	10	5:32	16.30	41:03	23.39	3	1:30	18		
Last lap Finish	4.10	10:22	23.15	3	0:41	9	1:33	20.40	51:25	23.34	3	1:36	9	7:05	