



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

Detailed evaluation

Niehus, Andre

Club: RSG

Number: 420

Course: 20.40 km

Kurzdistanz

Category:

Senioren I

Total time: 54:37

Speed: 21.97 km/h

Rank in course/Total: 14 (of 31)

Rank in course/Men: 14 (of 27)

Best time in course: 44:20

Rank in category: 5(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	43:15	22.20	4	3:42	13	7:44	16.30	43:15	22.20	4	3:42	1	-
Last lap Finish	4.10	11:22	21.11	5	1:41	14	2:33	20.40	54:37	21.97	5	4:48	14	10:17