



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

Detailed evaluation

Kamerau, Frank

Club: Springe
Number: 267

Course: 20.40 km
Kurzdistanz

Category:
Senioren I

Total time: 54:48

Speed: 21.90 km/h

Rank in course/Total: 15 (of 31)

Rank in course/Men: 15 (of 27)

Best time in course: 44:20

Rank in category: 6(of 8)

Best time in the category: 49:49

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Lap 1	16.30	43:58	21.83	5	4:25	14	8:27	16.30	43:58	21.83	5	4:25	13	0:43
Last lap Finish	4.10	10:50	22.15	4	1:09	10	2:01	20.40	54:48	21.90	6	4:59	15	10:28