



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

Detailed evaluation

Hollwedel, Melanie

Club: RSV Bruchhausen-Vilsen  
 Number: 327

Course: 20.40 km  
 Kurzdistanz Lizenz

Category:  
 Seniorinnen I

Total time: 59:28

Speed: 20.58 km/h

Rank in course/Total: 6 (of 6)

Rank in course/Women: 1 (of 1)

Best time in course: 59:28

Rank in category: 1(of 1)

Best time in the category: 59:28

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. | Wome | Cat.   | Women |             |               |               | Cat. | Wome | Cat.   | Women |
| Lap 1           | 16.30       | 48:26         | 20.19         | 1    | -    | 1      | -     | 16.30       | 48:26         | 20.19         | 1    | -    | 1      | -     |
| Last lap Finish | 4.10        | 11:02         | 22.30         | 1    | -    | 1      | -     | 20.40       | 59:28         | 20.58         | 1    | -    | 1      | -     |