



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

Detailed evaluation

Mruck, Martin

Club: RSG Nordharz
Number: 324

Course: 20.40 km
Kurzdistanz

Category:
Senioren I

Total time: 1:01:51

Speed: 19.40 km/h

Rank in course/Total: 22 (of 31)

Rank in course/Men: 21 (of 27)

Best time in course: 44:20

Rank in category: 7(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	49:20	19.46	6	9:47	21	13:49	16.30	49:20	19.46	6	9:47	8	6:05
Last lap Finish	4.10	12:31	19.17	7	2:50	21	3:42	20.40	1:01:51	19.40	7	12:02	21	17:31