



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

Detailed evaluation

Rost, Thomas

Club: Team BunnyHop Hameln  
 Number: 369

Course: 20.40 km  
 Kurzdistanz

Category:  
 Senioren I

Total time: 1:02:24

Speed: 19.23 km/h

Rank in course/Total: 24 (of 31)

Rank in course/Men: 22 (of 27)

Best time in course: 44:20

Rank in category: 8(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	50:07	19.16	7	10:34	22	14:36	16.30	50:07	19.16	7	10:34	7	6:52
Last lap Finish	4.10	12:17	19.54	6	2:36	19	3:28	20.40	1:02:24	19.23	8	12:35	22	18:04