



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

Detailed evaluation

Fricke, Helmut

Club: No Brake Dasseler Sport Club  
Number: 271

Course: 20.40 km  
Kurzdistanz

Category:  
Senioren II

Total time: 1:05:10

Speed: 18.41 km/h

Rank in course/Total: 27 (of 31)

Rank in course/Men: 25 (of 27)

Best time in course: 44:20

Rank in category: 3(of 3)

Best time in the category: 52:39

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	52:41	18.22	3	10:18	24	17:10	16.30	52:41	18.22	3	10:18	4	9:26
Last lap Finish	4.10	12:29	19.23	3	2:13	20	3:40	20.40	1:05:10	18.41	3	12:31	25	20:50