



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

Detailed evaluation

W, Kerstin

Club: RSG Nordharz  
 Number: 323

Course: 20.40 km  
 Kurzdistanz

Category:  
 Seniorinnen I

Total time: 1:20:02

Speed: 14.99 km/h

Rank in course/Total: 30 (of 31)

Rank in course/Women: 4 (of 4)

Best time in course: 59:54

Rank in category: 3(of 3)

Best time in the category: 1:01:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind			
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women		
Lap 1	16.30	1:03:23	15.15	3		12:57	4	15:18	16.30	1:03:23	15.15	3		12:57	4	15:18
Last lap Finish	4.10	16:39	14.41	3		5:10	4	5:10	20.40	1:20:02	14.99	3		18:07	4	20:08