



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

Detailed evaluation

Redeker, Jörg

Club: MSC Desenberg
 Number: 51

Course: 40.80 km
 Mitteldistanz

Category:
 Senioren I

Total time: 1:33:20

Speed: 26.23 km/h

Rank in course/Total: 9 (of 109)

Rank in course/Men: 9 (of 100)

Best time in course: 1:24:36

Rank in category: 4(of 36)

Best time in the category: 1:30:20

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	37:05	26.37	6	1:38	13	3:32	16.30	37:05	26.37	22				67
Lap 2	20.40	47:24	25.82	5	1:29	10	4:33	36.70	1:24:29	26.06	22				65
Last lap Finish	4.10	8:51	27.80	3	0:15	5	0:39	40.80	1:33:20	26.23	4	3:00		9	8:44