



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

Detailed evaluation

Helmis, Darius

Club: Team Kyffhäuser Bike und Run
Number: 28

Course: 40.80 km
Mitteldistanz

Category:
Junioren U 19

Total time: 1:37:40

Speed: 24.57 km/h

Rank in course/Total: 31 (of 109)

Rank in course/Men: 31 (of 100)

Best time in course: 1:24:36

Rank in category: 1(of 2)

Best time in the category: 1:37:40

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	38:31	24.92	1	-	32	4:58	16.30	38:31	24.92	1	-	94	
Lap 2	20.40	49:32	24.23	1	-	29	6:41	36.70	1:28:03	24.53	1	-	90	
Last lap Finish	4.10	9:37	24.96	1	-	32	1:25	40.80	1:37:40	24.57	1	-	31	13:04