



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

Detailed evaluation

Donig, Ralf

Club: Focus RAPIRO racing
 Number: 409

Course: 40.80 km
 Mitteldistanz

Category:
 Senioren I

Total time: 1:40:44

Speed: 23.83 km/h

Rank in course/Total: 38 (of 109)

Rank in course/Men: 38 (of 100)

Best time in course: 1:24:36

Rank in category: 17(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	39:45	24.15	17	4:18	40	6:12	16.30	39:45	24.15	35			75	
Lap 2	20.40	51:00	23.53	16	5:05	35	8:09	36.70	1:30:45	23.80	35			83	
Last lap Finish	4.10	9:59	24.04	21	1:23	47	1:47	40.80	1:40:44	23.83	17	10:24		38	16:08