



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

Detailed evaluation

Hollwedel, Melanie

Club: RSV Bruchhausen-Vilsen
 Number: 327

Course: 20.40 km
 Kurzdistanz Lizenz

Category:
 Seniorinnen I

Total time: 59:28

Speed: 20.58 km/h

Rank in course/Total: 6 (of 6)

Rank in course/Women: 1 (of 1)

Best time in course: 59:28

Rank in category: 1(of 1)

Best time in the category: 59:28

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.	Wome	Cat.	Women				Cat.	Wome	Cat.	Women
Lap 1	16.30	48:26	20.19	1	-	1	-	16.30	48:26	20.19	1	-	1	-
Last lap Finish	4.10	11:02	22.30	1	-	1	-	20.40	59:28	20.58	1	-	1	-