



7. Langenberg-Marathon  
Wiemeringhausen / 05.10.2008

Detailed evaluation

Pantförder, Rüdiger

Club: Castrop-Rauxel  
Number: 67

Course: 43.00 km  
Kurzstrecke

Category:  
Senioren II

Total time: 3:13:13

Speed: 13.35 km/h

Rank in course/Total: 316 (of 367)

Rank in course/Men: 287 (of 325)

Best time in course: 1:47:06

Rank in category: 95(of 105)

Best time in the category: 1:55:30