



7. Langenberg-Marathon
 Wiemeringhausen / 05.10.2008

Detailed evaluation

Kösters, Rafael

Club: ride-of-hope.de
 Number: 259

Course: 77.00 km
 Mitteldistanz

Category:
 Senioren I

Total time: 3:29:18

Speed: 22.07 km/h

Rank in course/Total: 5 (of 164)

Rank in course/Men: 5 (of 151)

Best time in course: 3:02:04

Rank in category: 3(of 64)

Best time in the category: 3:02:04

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 |
| Rundenkontrolle | 44.00 | 1:54:08 | 23.13 | 4 | 12:52 | 8 | 12:52 | 44.00 | 1:54:08 | 23.13 | 36 | | 7 | 5:34 |
| Finish | 33.00 | 1:35:10 | 20.81 | 2 | 14:22 | 5 | 14:22 | 77.00 | 3:29:18 | 22.07 | 3 | 27:14 | 5 | 27:14 |