



7. Langenberg-Marathon  
Wiemeringhausen / 05.10.2008

Detailed evaluation

Plinke, Helmut

Club: Rösrath  
Number: 178

Course: 77.00 km  
Mitteldistanz

Category:  
Senioren I

Total time: 4:08:07

Speed: 18.62 km/h

Rank in course/Total: 48 (of 164)

Rank in course/Men: 48 (of 151)

Best time in course: 3:02:04

Rank in category: 23(of 64)

Best time in the category: 3:02:04

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Rundenkontrolle	44.00	2:13:52	19.72	28	32:36	56	32:36	44.00	2:13:52	19.72	56		51	25:18
Finish	33.00	1:54:15	17.33	21	33:27	42	33:27	77.00	4:08:07	18.62	23	1:06:03	48	1:06:03