



7. Langenberg-Marathon
Wiemeringhausen / 05.10.2008

Detailed evaluation

Frindte, Holger

Club: Fat Burner Siegen
Number: 495

Course: 77.00 km
Mitteldistanz

Category:
Senioren I

Total time: 4:08:36

Speed: 18.58 km/h

Rank in course/Total: 52 (of 164)

Rank in course/Men: 52 (of 151)

Best time in course: 3:02:04

Rank in category: 27(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	2:13:57	19.71	29	32:41	57	32:41	44.00	2:13:57	19.71	60		55	25:23
Finish	33.00	1:54:39	17.27	26	33:51	48	33:51	77.00	4:08:36	18.58	27	1:06:32	52	1:06:32