



7. Langenberg-Marathon
Wiemeringhausen / 05.10.2008

Detailed evaluation

Helmer, Maren

Club: RSV Schwalbe Oelde
Number: 241

Course: 77.00 km
Mitteldistanz

Category:
Seniorinnen I

Total time: 4:46:30

Speed: 16.13 km/h

Rank in course/Total: 126 (of 164)

Rank in course/Women: 6 (of 13)

Best time in course: 4:18:50

Rank in category: 4(of 9)

Best time in the category: 4:18:50

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.	Women	Women	km	Time	km/h	Cat.	Cat.	Women	Women
Rundenkontrolle	44.00	2:34:53	17.05	4	15:38	5	15:38	44.00	2:34:53	17.05	4	15:38	6	15:38
Finish	33.00	2:11:37	15.04	6	12:02	8	12:02	77.00	4:46:30	16.13	4	27:40	6	27:40