



7. Langenberg-Marathon  
 Wiemeringhausen / 05.10.2008

Detailed evaluation

Arends, Rob

Club: MBC Bar End  
 Number: 447

Course: 77.00 km  
 Mitteldistanz

Category:  
 Senioren II

Total time: 5:54:26

Speed: 13.03 km/h

Rank in course/Total: 158 (of 164)

Rank in course/Men: 145 (of 151)

Best time in course: 3:02:04

Rank in category: 46(of 48)

Best time in the category: 3:31:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Rundenkontrolle	44.00	3:05:40	14.22	46	1:11:42	148	1:24:24	44.00	3:05:40	14.22	22	41:01	148	1:17:06
Finish	33.00	2:48:46	11.73	46	1:11:44	145	1:27:58	77.00	5:54:26	13.03	46	2:23:26	145	2:52:22