



7. Langenberg-Marathon
 Wiemeringhausen / 05.10.2008

Detailed evaluation

Ponstein, Wolter

Club: MBC BAR-END
 Number: 689

Course: 110.00 km
 Langdistanz (Lizenz)

Category:
 Lizenzfahrer

Total time: 6:36:58

Speed: 16.63 km/h

Rank in course/Total: 28 (of 29)

Rank in course/Men: 26 (of 27)

Best time in course: 4:31:32

Rank in category: 26(of 27)

Best time in the category: 4:31:32

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenkontrolle	44.00	2:18:12	19.10	27	36:52	27	36:52	44.00	2:18:12	19.10	2	26:32	2	26:32
Rundenkontrolle	33.00	2:09:05	15.34	27	47:00	27	47:00	77.00	4:27:17	17.29	2	57:41	2	57:41
Finish	33.00	2:09:41	15.27	26	1:59:36	26	1:59:36	110.00	6:36:58	16.63	27	2:59:52	27	2:59:52