



LVM Marathon Niedersachsen  
Clausthal-Zellerfeld / 17.05.2009

Detailed evaluation

Arendt, Roland

Club: RSV 1923 Braunschweig  
Number: 306

Course: 102.00 km  
LVM Marathon Niedersachsen

Category:  
Rennen 13, Männer Lizenz

Total time: 5:10:57

Speed: 19.68 km/h

Rank in course/Total: 11 (of 20)

Rank in course/Men: 11 (of 19)

Best time in course: 4:23:06

Rank in category: 7(of 11)

Best time in the category: 4:23:06

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	22.00	52:26	25.17	7	8:05	11	8:05	22.00	52:26	25.17	8		6	5:25
Rundenkontrolle	34.00	1:39:23	20.53	7	14:24	11	14:24	56.00	2:31:49	22.13	8		6	12:32
Rundenkontrolle	34.00	1:48:21	18.83	7	19:08	10	19:08	90.00	4:20:10	20.76	7	37:50	11	37:50
Finish	12.00	50:47	14.18	6	10:01	10	10:01	102.00	5:10:57	19.68	10	3:03:46	15	3:03:46