



Langenberg-Marathon  
Bruchhausen / 04.10.2009

## Detailed evaluation

**Plonka, Michael**

Club: TuS Antfeld  
Number: 722

Course: 45.00 km  
Kurzstrecke

Category:  
Senioren II

Total time: 2:45:45

Speed: 16.29 km/h

Rank in course/Total: 284 (of 452)

Rank in course/Men: 270 (of 415)

Best time in course: 1:47:17

Rank in category: 106(of 175)

Best time in the category: 1:53:05