



Langenberg-Marathon  
Bruchhausen / 04.10.2009

## Detailed evaluation

Frese, Johannes

Club: Pönblitze Usseln  
Number: 443

Course: 45.00 km  
Kurzstrecke

Category:  
Senioren III

Total time: 2:57:07

Speed: 15.24 km/h

Rank in course/Total: 348 (of 452)

Rank in course/Men: 330 (of 415)

Best time in course: 1:47:17

Rank in category: 27(of 35)

Best time in the category: 1:59:09