



Langenberg-Marathon  
Bruchhausen / 04.10.2009

## Detailed evaluation

Henke, Michael

Club: ViRMcc Plettenberg  
Number: 206

Course: 45.00 km  
Kurzstrecke

Category:  
Senioren I

Total time: 3:03:52

Speed: 14.68 km/h

Rank in course/Total: 381 (of 452)

Rank in course/Men: 360 (of 415)

Best time in course: 1:47:17

Rank in category: 112(of 121)

Best time in the category: 1:47:17