



Langenberg-Marathon  
Bruchhausen / 04.10.2009

## Detailed evaluation

**Arends, Rob**

Club: Bar End  
Number: 356

Course: 45.00 km  
Kurzstrecke

Category:

Senioren II

Total time: 3:20:03

Speed: 13.50 km/h

Rank in course/Total: 420 (of 452)

Rank in course/Men: 390 (of 415)

Best time in course: 1:47:17

Rank in category: 163(of 175)

Best time in the category: 1:53:05