



Langenberg-Marathon  
Bruchhausen / 04.10.2009

## Detailed evaluation

Mizdziol, Kai

Club: Tus Antfeld  
Number: 704

Course: 45.00 km  
Kurzstrecke

Category:  
Jugend männlich

Total time: 3:29:20

Speed: 12.90 km/h

Rank in course/Total: 432 (of 452)

Rank in course/Men: 401 (of 415)

Best time in course: 1:47:17

Rank in category: 19(of 19)

Best time in the category: 1:54:25