



Langenberg-Marathon  
Bruchhausen / 04.10.2009

## Detailed evaluation

Joch, Werner

Club: SV Rot-Wieß Wiemeringhausen  
Number: 445

Course: 45.00 km  
Kurzstrecke

Category:  
Senioren III

Total time: 3:35:14

Speed: 12.54 km/h

Rank in course/Total: 438 (of 452)

Rank in course/Men: 405 (of 415)

Best time in course: 1:47:17

Rank in category: 33(of 35)

Best time in the category: 1:59:09