



Langenberg-Marathon

Bruchhausen / 04.10.2009

Detailed evaluation

Gieß, Volker

Club: Skiklub-Lüdenscheid
Number: 554

Course: 80.00 km
Mitteldistanz

Category:
Senioren II

Total time: 3:42:42

Speed: 21.55 km/h

Rank in course/Total: 11 (of 136)

Rank in course/Men: 11 (of 125)

Best time in course: 3:21:47

Rank in category: 4(of 49)

Best time in the category: 3:21:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	45.00	1:59:21	22.62	5	9:38	14	12:19	45.00	1:59:21	22.62	28		13	
Last lap Finish	35.00	1:43:21	20.32	4	11:17	11	11:17	80.00	3:42:42	21.55	4	20:55	11	20:55