



Langenberg-Marathon
Bruchhausen / 04.10.2009

Detailed evaluation

Kösters, Rafael

Club: Bad Honnef
Number: 483

Course: 80.00 km
Mitteldistanz

Category:
Senioren I

Total time: 3:46:00

Speed: 21.24 km/h

Rank in course/Total: 16 (of 136)

Rank in course/Men: 16 (of 125)

Best time in course: 3:21:47

Rank in category: 7(of 47)

Best time in the category: 3:22:37

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Lap 1	45.00	2:00:34	22.39	8	13:32	16	13:32	45.00	2:00:34	22.39	32		18	
Last lap Finish	35.00	1:45:26	19.92	7	10:13	17	13:22	80.00	3:46:00	21.24	7	23:23	16	24:13