



Langenberg-Marathon  
Bruchhausen / 04.10.2009

## Detailed evaluation

**Plümpe, Ralf**

Club: Willingen

Number: 411

Course: 45.00 km

Kurzstrecke

Category:

Senioren II

Total time: 3:59:46

Speed: 11.26 km/h

Rank in course/Total: 444 (of 452)

Rank in course/Men: 409 (of 415)

Best time in course: 1:47:17

Rank in category: 173(of 175)

Best time in the category: 1:53:05