



Langenberg-Marathon  
Bruchhausen / 04.10.2009

Detailed evaluation

Niggehoff, Stephan

Club: Bike Fabrik GL  
Number: 690

Course: 80.00 km  
Mitteldistanz

Category:  
Senioren II

Total time: 4:06:07

Speed: 19.50 km/h

Rank in course/Total: 34 (of 136)

Rank in course/Men: 34 (of 125)

Best time in course: 3:21:47

Rank in category: 12(of 49)

Best time in the category: 3:21:47

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	2:11:26	20.54	12	21:43	36	24:24	45.00	2:11:26	20.54	36			36
Last lap Finish	35.00	1:54:41	18.31	12	22:37	33	22:37	80.00	4:06:07	19.50	12	44:20	34	44:20