



Langenberg-Marathon
Bruchhausen / 04.10.2009

Detailed evaluation

Arens, Frank

Club: TV Attendorn/Clemens bike shop
Number: 500

Course: 80.00 km
Mitteldistanz

Category:
Senioren I

Total time: 4:09:50

Speed: 19.21 km/h

Rank in course/Total: 41 (of 136)

Rank in course/Men: 41 (of 125)

Best time in course: 3:21:47

Rank in category: 16(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	2:13:08	20.28	19	26:06	45	26:06	45.00	2:13:08	20.28	41			43
Last lap Finish	35.00	1:56:42	17.99	15	21:29	37	24:38	80.00	4:09:50	19.21	16	47:13	41	48:03