



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 |