



Langenberg-Marathon
Bruchhausen / 04.10.2009

Detailed evaluation

Sowa, Gerd

Club: Focus Team 2-rad Meyer
Number: 482

Course: 80.00 km
Mitteldistanz

Category:
Senioren I

Total time: 4:15:54

Speed: 18.76 km/h

Rank in course/Total: 45 (of 136)

Rank in course/Men: 45 (of 125)

Best time in course: 3:21:47

Rank in category: 17(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	2:11:18	20.56	14	24:16	35	24:16	45.00	2:11:18	20.56	42			47
Last lap Finish	35.00	2:04:36	16.85	24	29:23	63	32:32	80.00	4:15:54	18.76	17	53:17	45	54:07