



Langenberg-Marathon
Bruchhausen / 04.10.2009

Detailed evaluation

Lange, Dirk

Club: Neuhof
Number: 567

Course: 80.00 km
Mitteldistanz

Category:
Senioren II

Total time: 4:20:28

Speed: 18.43 km/h

Rank in course/Total: 57 (of 136)

Rank in course/Men: 57 (of 125)

Best time in course: 3:21:47

Rank in category: 20(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	2:20:15	19.25	22	30:32	61	33:13	45.00	2:20:15	19.25	44		59	
Last lap Finish	35.00	2:00:13	17.47	17	28:09	47	28:09	80.00	4:20:28	18.43	20	58:41	57	58:41