



Langenberg-Marathon  
Bruchhausen / 04.10.2009

Detailed evaluation

Köhler, Roland

Club: RC ENDSPURT HERFORD  
Number: 577

Course: 80.00 km  
Mitteldistanz

Category:  
Senioren II

Total time: 4:33:18

Speed: 17.56 km/h

Rank in course/Total: 76 (of 136)

Rank in course/Men: 75 (of 125)

Best time in course: 3:21:47

Rank in category: 26(of 49)

Best time in the category: 3:21:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Lap 1	45.00	2:20:04	19.28	21	30:21	60	33:02	45.00	2:20:04	19.28	2			77
Last lap Finish	35.00	2:13:14	15.76	30	41:10	87	41:10	80.00	4:33:18	17.56	26	1:11:31	75	1:11:31