



Langenberg-Marathon  
Bruchhausen / 04.10.2009

### Detailed evaluation

Kohlert, Frank

Club: Mönchengladbach  
Number: 495

Course: 80.00 km  
Mitteldistanz

Category:  
Senioren I

Total time: 4:48:28

Speed: 16.64 km/h

Rank in course/Total: 95 (of 136)

Rank in course/Men: 91 (of 125)

Best time in course: 3:21:47

Rank in category: 35(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	2:29:23	18.07	34	42:21	86	42:21	45.00	2:29:23	18.07	15		93	8:47
Last lap Finish	35.00	2:19:05	15.10	35	43:52	94	47:01	80.00	4:48:28	16.64	35	1:25:51	91	1:26:41