



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 |