



Langenberg-Marathon
Bruchhausen / 04.10.2009

Detailed evaluation

Selbach, Carsten

Club: Schwelm
Number: 493

Course: 80.00 km
Mitteldistanz

Category:
Senioren I

Total time: 4:58:19

Speed: 16.09 km/h

Rank in course/Total: 106 (of 136)

Rank in course/Men: 99 (of 125)

Best time in course: 3:21:47

Rank in category: 37(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	2:36:43	17.23	38	49:41	102	49:41	45.00	2:36:43	17.23	17	3:36	101	16:07
Last lap Finish	35.00	2:21:36	14.83	36	46:23	98	49:32	80.00	4:58:19	16.09	37	1:35:42	99	1:36:32