



Langenberg-Marathon
Bruchhausen / 04.10.2009

Detailed evaluation

Thorwesten, Ralf

Club: MCW Westenholz
Number: 413

Course: 80.00 km
Mitteldistanz

Category:
Senioren II

Total time: 5:13:37

Speed: 15.31 km/h

Rank in course/Total: 117 (of 136)

Rank in course/Men: 109 (of 125)

Best time in course: 3:21:47

Rank in category: 42(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	2:40:00	16.88	39	50:17	108	52:58	45.00	2:40:00	16.88	18		111	19:24
Last lap Finish	35.00	2:33:37	13.67	44	1:01:33	113	1:01:33	80.00	5:13:37	15.31	42	1:51:50	109	1:51:50