



Langenberg-Marathon

Bruchhausen / 04.10.2009

Detailed evaluation

Sterenborg, Dirk

Club: Der Club
Number: 514

Course: 80.00 km
Mitteldistanz

Category:
Senioren I

Total time: 5:15:30

Speed: 15.21 km/h

Rank in course/Total: 118 (of 136)

Rank in course/Men: 110 (of 125)

Best time in course: 3:21:47

Rank in category: 40(of 47)

Best time in the category: 3:22:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	45.00	2:38:37	17.02	40	51:35	104	51:35	45.00	2:38:37	17.02	20	5:30	112	18:01
Last lap Finish	35.00	2:36:53	13.39	42	1:01:40	115	1:04:49	80.00	5:15:30	15.21	40	1:52:53	110	1:53:43