



Langenberg-Marathon
Bruchhausen / 04.10.2009

Detailed evaluation

Heimes, Christian

Club: Bergbeißer
Number: 486

Course: 80.00 km
Mitteldistanz

Category:
Senioren I

Total time: 5:31:10

Speed: 14.49 km/h

Rank in course/Total: 127 (of 136)

Rank in course/Men: 118 (of 125)

Best time in course: 3:21:47

Rank in category: 43(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 | 2:42:18 | 16.64 | 42 | 55:16 | 113 | 55:16 | 45.00 | 2:42:18 | 16.64 | 23 | 9:11 | 120 | 21:42 |
| Last lap Finish | 35.00 | 2:48:52 | 12.44 | 43 | 1:13:39 | 119 | 1:16:48 | 80.00 | 5:31:10 | 14.49 | 43 | 2:08:33 | 118 | 2:09:23 |