



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