



Langenberg-Marathon
Bruchhausen / 04.10.2009

Detailed evaluation

van der Plas, Robert

Club: RTV De Bollenstreek
Number: 656

Course: 115.00 km
Langdistanz

Category:
Senioren II

Total time: 6:13:53

Speed: 18.45 km/h

Rank in course/Total: 13 (of 23)

Rank in course/Men: 13 (of 23)

Best time in course: 5:07:36

Rank in category: 4(of 12)

Best time in the category: 5:33:14

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	2:17:01	19.71	4	16:57	12	29:55	45.00	2:17:01	19.71	4	16:57	12	
Lap 2	35.00	1:55:57	18.11	4	11:16	13	22:10	80.00	4:12:58	18.97	4	28:13	12	2:04
Last lap Finish	35.00	2:00:55	17.37	3	12:26	10	20:48	115.00	6:13:53	18.45	4	40:39	13	1:06:17