



Langenberg-Marathon  
Bruchhausen / 04.10.2009

Detailed evaluation

Salzsiedler, Frank

Club: Köln

Number: 663

Course: 115.00 km

Langdistanz

Category:

Senioren II

Total time: 6:37:44

Speed: 17.35 km/h

Rank in course/Total: 17 (of 23)

Rank in course/Men: 17 (of 23)

Best time in course: 5:07:36

Rank in category: 8(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	2:20:56	19.16	6	20:52	15	33:50	45.00	2:20:56	19.16	8	20:52	8	2:26
Lap 2	35.00	2:05:22	16.75	9	20:41	18	31:35	80.00	4:26:18	18.02	8	41:33	8	15:24
Last lap Finish	35.00	2:11:26	15.98	8	22:57	17	31:19	115.00	6:37:44	17.35	8	1:04:30	17	1:30:08