



9. Langenberg-Marathon
Wiemeringhausen / 03.10.2010

Detailed evaluation

Sponheuer, Keno

Club: Frönnenberg
Number: 708

Course: 44.00 km
Kurzstrecke

Category:
Herren

Total time: 2:54:27

Speed: 15.13 km/h

Rank in course/Total: 319 (of 429)

Rank in course/Men: 296 (of 388)

Best time in course: 1:45:50

Rank in category: 41(of 48)

Best time in the category: 1:58:32