



Langenberg Marathon 2012
Wiemeringhausen / 07.10.2012

Detailed evaluation

Sowa, Gerd

Club: Team Seissenschmidt
Number: 395

Course: 83.00 km
Langdistanz

Category:
Senioren II

Total time: 3:55:11

Speed: 21.17 km/h

Rank in course/Total: 17 (of 109)

Rank in course/Men: 17 (of 99)

Best time in course: 3:19:56

Rank in category: 5(of 45)

Best time in the category: 3:32:48

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
Rundenkontrolle	43.00	2:01:04	21.31	5	11:47	19	20:10	43.00	2:01:04	21.31	40		87	
Finish	40.00	1:54:07	21.03	3	10:36	9	15:05	83.00	3:55:11	21.17	5	22:23	17	35:15