



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  |