



Langenberg Marathon 2012  
Wiemeringhausen / 07.10.2012

Detailed evaluation

Frieske, Kai

Club: Spalter Rhede  
Number: 389

Course: 83.00 km  
Langdistanz

Category:  
Senioren I

Total time: 4:16:26

Speed: 19.42 km/h

Rank in course/Total: 42 (of 109)

Rank in course/Men: 41 (of 99)

Best time in course: 3:19:56

Rank in category: 13(of 27)

Best time in the category: 3:19:56

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	2:07:00	20.31	13	26:06	40	26:06	43.00	2:07:00	20.31	27			96
Finish	40.00	2:09:26	18.54	13	30:24	42	30:24	83.00	4:16:26	19.42	13	56:30	41	56:30