



Langenberg-Marathon  
Bruchhausen / 05.10.2013

## Detailed evaluation

**Bender, Dirk**

Club: Radwerk Upland e.V.  
Number: 18

Course: 35.00 km  
Fun Marathon

Category:  
Senioren II

Total time: 2:10:17

Speed: 16.12 km/h  
Running performance: 3:43 min/km

Rank in course/Total: 111 (of 247)

Rank in course/Men: 103 (of 216)

Best time in course: 1:35:25

Rank in category: 31(of 80)

Best time in the category: 1:37:16