



Langenberg-Marathon  
Bruchhausen / 05.10.2013

## Detailed evaluation

Rienaß, Frank

Club: Kettenreaktion e.V  
Number: 192

Course: 35.00 km  
Fun Marathon

Category:

Senioren II

Total time: 2:11:30

Speed: 15.97 km/h

Running performance: 3:46 min/km

Rank in course/Total: 114 (of 247)

Rank in course/Men: 106 (of 216)

Best time in course: 1:35:25

Rank in category: 33(of 80)

Best time in the category: 1:37:16