



Langenberg-Marathon  
Bruchhausen / 05.10.2013

## Detailed evaluation

Heidbreder, Manfred

Club: TV Germania 1899 Ostwig  
Number: 88

Course: 35.00 km  
Fun Marathon

Category:  
Senioren III

Total time: 2:22:27

Speed: 14.74 km/h  
Running performance: 4:04 min/km

Rank in course/Total: 148 (of 247)

Rank in course/Men: 134 (of 216)

Best time in course: 1:35:25

Rank in category: 25(of 35)

Best time in the category: 1:47:30