



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

Gieß, Volker

Club: Lüdenscheid
Number: 2090

Course: 70.00 km
Mitteldistanz

Category:
Senioren III

Total time: 3:19:45

Speed: 21.03 km/h
Running performance: 2:51 min/km

Rank in course/Total: 4 (of 144)

Rank in course/Men: 4 (of 135)

Best time in course: 3:05:22

Rank in category: 1(of 19)

Best time in the category: 3:19:45

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Rundenkontrolle	35.00	1:39:16	2:50	1	-	6	8:15	35.00	1:39:16	2:50	1	-	5	
Finish	-	1:40:29	-	1	-	5	7:24	70.00	3:19:45	-	5	1:02:53	34	1:40:44