



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

Alteheld, Benjamin

Club: Fahrrad Becker - Lemgo
Number: 2047

Course: 70.00 km
Mitteldistanz

Category:
Senioren I

Total time: 3:26:27

Speed: 20.34 km/h
Running performance: 2:57 min/km

Rank in course/Total: 6 (of 144)

Rank in course/Men: 6 (of 135)

Best time in course: 3:05:22

Rank in category: 1(of 37)

Best time in the category: 3:26:27

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	1:39:20	2:50	1	-	8	8:19	35.00	1:39:20	2:50	23		7	
Finish	-	1:47:07	-	3	8:06	13	14:02	70.00	3:26:27	-	14	1:47:26	36	1:47:26