



Langenberg-Marathon  
Bruchhausen / 05.10.2013

Detailed evaluation

Arens, Frank

Club: TV Attendorn  
Number: 2051

Course: 70.00 km  
Mitteldistanz

Category:  
Senioren II

Total time: 3:50:05

Speed: 18.25 km/h  
Running performance: 3:17 min/km

Rank in course/Total: 30 (of 144)

Rank in course/Men: 30 (of 135)

Best time in course: 3:05:22

Rank in category: 16(of 66)

Best time in the category: 3:05:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenkontrolle	35.00	1:53:22	3:14	14	22:21	28	22:21	35.00	1:53:22	3:14	41			31	
Finish	-	1:56:43	-	16	22:22	30	23:38	70.00	3:50:05	-	29	1:32:40	60	2:11:04	