



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

Tholen, Günter

Club: Turboschnecken Lüdenscheid e.V.
Number: 2206

Course: 70.00 km
Mitteldistanz

Category:
Senioren I

Total time: 4:01:07

Speed: 17.42 km/h
Running performance: 3:26 min/km

Rank in course/Total: 42 (of 144)

Rank in course/Men: 41 (of 135)

Best time in course: 3:05:22

Rank in category: 8(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	1:57:19	3:21	7	17:59	38	26:18	35.00	1:57:19	3:21	16			42
Finish	-	2:03:48	-	9	24:47	41	30:43	70.00	4:01:07	-	21	2:22:06	71	2:22:06