



Langenberg-Marathon  
Bruchhausen / 05.10.2013

Detailed evaluation

**Wolf, Helen**

Club: Mountain Heroes  
Number: 2245

Course: 70.00 km  
Mitteldistanz

Category:  
Frauen

Total time: 4:04:13

Speed: 17.20 km/h  
Running performance: 3:29 min/km

Rank in course/Total: 43 (of 144)

Rank in course/Women: 2 (of 9)

Best time in course: 3:58:25

Rank in category: 1(of 3)

Best time in the category: 4:04:13

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Rundenkontrolle | 35.00       | 2:03:18       | 3:31            | 2           | 11:26          | 3            | 11:26           | 35.00         | 2:03:18       | 3:31            | 2           | 11:26          | 3            | 11:26           |
| Finish          | -           | 2:00:55       | -               | 1           | -              | 2            | 0:13            | 70.00         | 4:04:13       | -               | 1           | -              | 3            | 1:38:13         |