



Langenberg-Marathon  
Bruchhausen / 05.10.2013

Detailed evaluation

Köhler, Roland

Club: Rc Endspurt Herford  
Number: 2127

Course: 70.00 km  
Mitteldistanz

Category:  
Senioren II

Total time: 4:08:04

Speed: 16.93 km/h  
Running performance: 3:32 min/km

Rank in course/Total: 48 (of 144)

Rank in course/Men: 46 (of 135)

Best time in course: 3:05:22

Rank in category: 23(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	2:02:51	3:30	26	31:50	51	31:50	35.00	2:02:51	3:30	48		47	3:23
Finish	-	2:05:13	-	23	30:52	47	32:08	70.00	4:08:04	-	36	1:50:39	76	2:29:03