



Langenberg-Marathon  
Bruchhausen / 05.10.2013

Detailed evaluation

Akkermans, Ruben

Club: Den bosch  
Number: 2046

Course: 70.00 km  
Mitteldistanz

Category:  
Senioren I

Total time: 4:13:20

Speed: 16.58 km/h  
Running performance: 3:37 min/km

Rank in course/Total: 52 (of 144)

Rank in course/Men: 50 (of 135)

Best time in course: 3:05:22

Rank in category: 10(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 | 2:10:56 | 3:44   | 14   | 31:36  | 63  | 39:55  | 35.00 | 2:10:56 | 3:44   | 14   | 6:14    | 51  | 11:28   |
| Finish          | -     | 2:02:24 | -      | 8    | 23:23  | 40  | 29:19  | 70.00 | 4:13:20 | -      | 23   | 2:34:19 | 80  | 2:34:19 |