



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

Sudhoff, Raimund

Club: RSV Werl-Wickede
Number: 2204

Course: 70.00 km
Mitteldistanz

Category:
Senioren III

Total time: 4:28:40

Speed: 15.63 km/h
Running performance: 3:50 min/km

Rank in course/Total: 64 (of 144)

Rank in course/Men: 62 (of 135)

Best time in course: 3:05:22

Rank in category: 9(of 19)

Best time in the category: 3:19:45

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	2:08:23	3:40	8	29:07	62	37:22	35.00	2:08:23	3:40	9	29:07	63	8:55
Finish	-	2:20:17	-	10	39:48	73	47:12	70.00	4:28:40	-	13	2:11:48	92	2:49:39