



Langenberg-Marathon  
Bruchhausen / 05.10.2013

Detailed evaluation

Bos, Henk

Club: WV Otto Ebbens  
Number: 3082

Course: 105.00 km  
Langdistanz

Category:  
Herren

Total time: 5:17:43

Speed: 19.83 km/h  
Running performance: 3:02 min/km

Rank in course/Total: 2 (of 41)

Rank in course/Men: 2 (of 39)

Best time in course: 5:03:57

Rank in category: 1(of 8)

Best time in the category: 5:17:43

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>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Rundenkontrolle | 35.00       | 1:36:21       | 2:45            | 1           | -              | 1           | -             | 35.00         | 1:36:21       | 2:45            | 2           | -              | 27         | -             |
| Rundenkontrolle | 35.00       | 1:37:55       | 2:47            | 3           | 1:32:03        | 4           | 1:36:32       | 70.00         | 3:14:16       | 2:46            | 2           | -              | 21         | -             |
| Finish          | 35.00       | 2:03:27       | 3:31            | 4           | 7:34           | 12          | 17:10         | 105.00        | 5:17:43       | 3:01            | 1           | -              | 11         | 2:59:03       |