



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

Natel, Arndt

Club: Menden
Number: 2264

Course: 70.00 km
Mitteldistanz

Category:
Senioren II

Total time: 4:48:47

Speed: 14.54 km/h
Running performance: 4:08 min/km

Rank in course/Total: 86 (of 144)

Rank in course/Men: 83 (of 135)

Best time in course: 3:05:22

Rank in category: 43(of 66)

Best time in the category: 3:05:22

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	2:23:13	4:05	43	52:12	85	52:12	35.00	2:23:13	4:05	18	5:37	84	23:45
Finish	-	2:25:34	-	47	51:13	93	52:29	70.00	4:48:47	-	56	2:31:22	113	3:09:46