



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

Elsner, Kai

Club: Minden
Number: 3034

Course: 105.00 km
Langdistanz

Category:
Senioren I

Total time: 5:29:56

Speed: 19.09 km/h
Running performance: 3:08 min/km

Rank in course/Total: 7 (of 41)

Rank in course/Men: 7 (of 39)

Best time in course: 5:03:57

Rank in category: 1(of 7)

Best time in the category: 5:29:56

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	1:46:29	3:02	2	3:19	9	10:08	35.00	1:46:29	3:02	3	-	10	-
Rundenkontrolle	35.00	1:50:10	3:08	1	-	10	1:48:47	70.00	3:36:39	3:05	1	-	16	-
Finish	35.00	1:53:17	3:14	1	-	2	7:00	105.00	5:29:56	3:08	5	3:11:16	18	3:11:16