



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

Iwanoff, Gregor

Club: Odenthal
Number: 3038

Course: 105.00 km
Langdistanz

Category:
Senioren I

Total time: 5:30:11

Speed: 19.08 km/h
Running performance: 3:08 min/km

Rank in course/Total: 9 (of 41)

Rank in course/Men: 9 (of 39)

Best time in course: 5:03:57

Rank in category: 2(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	1:43:10	2:56	1	-	6	6:49	35.00	1:43:10	2:56	4			11	
Rundenkontrolle	35.00	1:50:38	3:09	2	0:28	11	1:49:15	70.00	3:33:48	3:03	2			14	
Finish	35.00	1:56:23	3:19	2	3:06	5	10:06	105.00	5:30:11	3:08	6	3:11:31	20	3:11:31	