



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

van Soest, Jan

Club: FC LEK
Number: 2213

Course: 70.00 km
Mitteldistanz

Category:
Senioren III

Total time: 4:51:13

Speed: 14.42 km/h
Running performance: 4:10 min/km

Rank in course/Total: 89 (of 144)

Rank in course/Men: 85 (of 135)

Best time in course: 3:05:22

Rank in category: 11(of 19)

Best time in the category: 3:19:45

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 | 2:27:15 | 4:12 | 12 | 47:59 | 93 | 56:14 | 35.00 | 2:27:15 | 4:12 | 11 | 47:59 | 85 | 27:47 |
| Finish | - | 2:23:58 | - | 12 | 43:29 | 86 | 50:53 | 70.00 | 4:51:13 | - | 15 | 2:34:21 | 115 | 3:12:12 |