



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