



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

Nehling, Björn

Club: Bocholt
Number: 2152

Course: 70.00 km
Mitteldistanz

Category:
Senioren I

Total time: 4:51:41

Speed: 14.40 km/h
Running performance: 4:10 min/km

Rank in course/Total: 91 (of 144)

Rank in course/Men: 86 (of 135)

Best time in course: 3:05:22

Rank in category: 20(of 37)

Best time in the category: 3:26:27

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	2:23:20	4:05	21	44:00	87	52:19	35.00	2:23:20	4:05	4	18:38	87	23:52
Finish	-	2:28:21	-	26	49:20	98	55:16	70.00	4:51:41	-	33	3:12:40	116	3:12:40