



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

Apfelbaum, Markus

Number: 3086

Course: 105.00 km
Langdistanz

Category:
Senioren II

Total time: 5:31:26

Speed: 19.01 km/h

Running performance: 3:10 min/km

Rank in course/Total: 10 (of 41)

Rank in course/Men: 10 (of 39)

Best time in course: 5:03:57

Rank in category: 5(of 17)

Best time in the category: 5:03:57

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	1:46:29	3:02	5	9:24	9	10:08	35.00	1:46:29	3:02	5			10
Rundenkontrolle	35.00	1:48:37	3:06	5	1:47:14	8	1:47:14	70.00	3:35:06	3:04	6	59:12		13
Finish	35.00	1:56:20	3:19	2	10:03	4	10:03	105.00	5:31:26	3:09	10	1:06:31	21	3:12:46