



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

Pantförder, Rüdiger

Club: Bäckerburschen
Number: 2157

Course: 70.00 km
Mitteldistanz

Category:
Senioren II

Total time: 4:53:56

Speed: 14.29 km/h
Running performance: 4:12 min/km

Rank in course/Total: 93 (of 144)

Rank in course/Men: 88 (of 135)

Best time in course: 3:05:22

Rank in category: 45(of 66)

Best time in the category: 3:05:22

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 | 2:19:46 | 3:59 | 42 | 48:45 | 84 | 48:45 | 35.00 | 2:19:46 | 3:59 | 20 | 2:10 | 89 | 20:18 |
| Finish | - | 2:34:10 | - | 53 | 59:49 | 105 | 1:01:05 | 70.00 | 4:53:56 | - | 58 | 2:36:31 | 118 | 3:14:55 |