



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