



Langenberg-Marathon  
Bruchhausen / 05.10.2013

Detailed evaluation

**Böing, Maik**

Club: Köln

Number: 3026

Course: 105.00 km

Langdistanz

Category:

Senioren II

Total time: 5:59:40

Speed: 17.52 km/h

Running performance: 3:26 min/km

Rank in course/Total: 15 (of 41)

Rank in course/Men: 15 (of 39)

Best time in course: 5:03:57

Rank in category: 7(of 17)

Best time in the category: 5:03:57

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	1:51:16	3:10	7	14:11	14	14:55	35.00	1:51:16	3:10	3			5	
Rundenkontrolle	35.00	2:01:55	3:29	8	2:00:32	17	2:00:32	70.00	3:53:11	3:19	8	1:17:17	8	15:08	
Finish	35.00	2:06:29	3:36	7	20:12	15	20:12	105.00	5:59:40	3:25	12	1:34:45	26	3:41:00	