



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

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Club: RSC-Nievenheim
Number: 3016

Course: 105.00 km
Langdistanz

Category:
Senioren III

Total time: 6:23:36

Speed: 16.42 km/h
Running performance: 3:39 min/km

Rank in course/Total: 17 (of 41)

Rank in course/Men: 17 (of 39)

Best time in course: 5:03:57

Rank in category: 2(of 7)

Best time in the category: 5:42:15

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	2:04:09	3:32	2	17:30	20	27:48	35.00	2:04:09	3:32	5			32
Rundenkontrolle	35.00	2:07:14	3:38	2	15:48	19	2:05:51	70.00	4:11:23	3:35	2	33:18	6	33:20
Finish	35.00	2:12:13	3:46	2	8:03	17	25:56	105.00	6:23:36	3:39	4	1:18:25	28	4:04:56