



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

van der Plas, Robert

Club: RTV De Bollenstreek
Number: 3060

Course: 105.00 km
Langdistanz

Category:
Senioren II

Total time: 6:26:02

Speed: 16.32 km/h
Running performance: 3:41 min/km

Rank in course/Total: 18 (of 41)

Rank in course/Men: 18 (of 39)

Best time in course: 5:03:57

Rank in category: 8(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	2:04:10	3:32	10	27:05	21	27:49	35.00	2:04:10	3:32	16		33	
Rundenkontrolle	35.00	2:07:55	3:39	9	2:06:32	20	2:06:32	70.00	4:12:05	3:36	9	1:36:11	5	34:02
Finish	35.00	2:13:57	3:49	8	27:40	18	27:40	105.00	6:26:02	3:40	13	2:01:07	29	4:07:22