



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

Lieske, Miriam

Club: GIOS Test Team
Number: 2130

Course: 70.00 km
Mitteldistanz

Category:
Frauen

Total time: 6:08:40

Speed: 11.39 km/h
Running performance: 5:16 min/km

Rank in course/Total: 105 (of 144)

Rank in course/Women: 7 (of 9)

Best time in course: 3:58:25

Rank in category: 2(of 3)

Best time in the category: 4:04:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenkontrolle	35.00	2:59:30	5:07	3	1:07:38	8	1:07:38	35.00	2:59:30	5:07	3	1:07:38	8	1:07:38
Finish	-	3:09:10	-	2	1:08:15	8	1:08:28	70.00	6:08:40	-	2	2:04:27	8	3:42:40