



Langenberg-Marathon
Bruchhausen / 05.10.2013

Detailed evaluation

Lange, Dirk

Club: Bad Salzdetfurth
Number: 3040

Course: 105.00 km
Langdistanz

Category:
Senioren III

Total time: 6:53:12

Speed: 15.25 km/h
Running performance: 3:56 min/km

Rank in course/Total: 22 (of 41)

Rank in course/Men: 21 (of 39)

Best time in course: 5:03:57

Rank in category: 3(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	2:09:31	3:42	3	22:52	23	33:10	35.00	2:09:31	3:42	4		2		
Rundenkontrolle	35.00	2:16:16	3:53	3	24:50	23	2:14:53	70.00	4:25:47	3:47	3	47:42	3	47:44	
Finish	35.00	2:27:25	4:12	3	23:15	23	41:08	105.00	6:53:12	3:56	5	1:48:01	32	4:34:32	