



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Herget, Thomas

Club: LG Fulda

Number: 1323

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 5:20:36

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course/Total: 8 (of 118)

Rank in course/Men: 8 (of 95)

Best time in course: 4:51:45

Rank in category: 2(of 24)

Best time in the category: 5:13:39

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
Nasse Wiese	19.50	1:30:24	4:38	2	0:40	7	4:07	19.50	1:30:24	4:38	23		64	
Kühude	20.50	1:34:56	4:37	2	4:00	8	7:06	40.00	3:05:20	4:38	23		64	
Nasse Wiese	20.50	1:46:52	5:12	3	8:48	8	15:41	60.50	4:52:12	4:49	23		63	
Finish	6.50	28:24	4:22	3	1:43	6	3:16	67.00	5:20:36	4:47	2	6:57	8	28:51