



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

Dr. med. Göbel, Dietmar

Club: LSG Schwarzwald-Marathon

Number: 1388

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 5:21:47

Speed: 12.49 km/h

Running performance: 4:48 min/km

Rank in course/Total: 9 (of 118)

Rank in course/Men: 9 (of 95)

Best time in course: 4:51:45

Rank in category: 3(of 24)

Best time in the category: 5:13:39

### 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
Nasse Wiese	19.50	1:39:27	5:06	5	9:43	12	13:10	19.50	1:39:27	5:06	22			63
Kühude	20.50	1:37:35	4:45	4	6:39	10	9:45	40.00	3:17:02	4:55	22			63
Nasse Wiese	20.50	1:38:04	4:47	1	-	4	6:53	60.50	4:55:06	4:52	22			62
Finish	6.50	26:41	4:06	1	-	4	1:33	67.00	5:21:47	4:48	3	8:08	9	30:02