



Bödefelder Hollenlauf/ -Marsch
 Bödefeld / 19.05.2012

Detailed evaluation

Tuna, Manuel

Club: TSG Helberhausen
 Number: 1379

Course: 67.00 km
 67 km Lauf

Category:
 Senioren M45

Total time: 5:29:11

Speed: 12.21 km/h
 Running performance: 4:55 min/km

Rank in course/Total: 10 (of 118)

Rank in course/Men: 10 (of 95)

Best time in course: 4:51:45

Rank in category: 4(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	1:31:05	4:40	3	1:21	8	4:48	19.50	1:31:05	4:40	21			62	
Kühude	20.50	1:37:30	4:45	3	6:34	9	9:40	40.00	3:08:35	4:42	21			62	
Nasse Wiese	20.50	1:51:26	5:26	6	13:22	12	20:15	60.50	5:00:01	4:57	21			61	
Finish	6.50	29:10	4:29	4	2:29	12	4:02	67.00	5:29:11	4:54	4	15:32	10	37:26	