



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Schäfer, Jürgen

Club: LuT Aschaffenburg

Number: 1365

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 5:42:45

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 11 (of 118)

Rank in course/Men: 11 (of 95)

Best time in course: 4:51:45

Rank in category: 5(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	1:36:55	4:58	4	7:11	11	10:38	19.50	1:36:55	4:58	20			61	
Kühude	20.50	1:40:48	4:55	5	9:52	11	12:58	40.00	3:17:43	4:56	20			61	
Nasse Wiese	20.50	1:48:59	5:18	5	10:55	11	17:48	60.50	5:06:42	5:04	20			60	
Finish	6.50	36:03	5:32	12	9:22	46	10:55	67.00	5:42:45	5:06	5	29:06	11	51:00	