



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

**Buka, Frank**

Club: VFL Flechenberg

Number: 1785

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 5:43:21

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 12 (of 118)

Rank in course/Men: 12 (of 95)

Best time in course: 4:51:45

Rank in category: 6(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	1:40:32	5:09	6	10:48	13	14:15	19.50	1:40:32	5:09	19			48
Kühude	20.50	1:44:41	5:06	6	13:45	14	16:51	40.00	3:25:13	5:07	19			48
Nasse Wiese	20.50	1:48:48	5:18	4	10:44	10	17:37	60.50	5:14:01	5:11	19			47
Finish	6.50	29:20	4:30	5	2:39	13	4:12	67.00	5:43:21	5:07	6	29:42	12	51:36