



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Pabst, Swen

Club: TV Haibach

Number: 1354

Course: 67.00 km

67 km Lauf

Category:

Senioren M35

Total time: 5:47:14

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 14 (of 118)

Rank in course/Men: 13 (of 95)

Best time in course: 4:51:45

Rank in category: 2(of 7)

Best time in the category: 4:51:45

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	1:43:19	5:17	2	15:43	17	17:02	19.50	1:43:19	5:17	2	15:43	59	
Kühude	20.50	1:42:40	5:00	2	14:50	12	14:50	40.00	3:25:59	5:08	2	30:33	59	
Nasse Wiese	20.50	1:52:23	5:28	2	21:12	13	21:12	60.50	5:18:22	5:15	2	51:45	58	
Finish	6.50	28:52	4:26	2	3:44	8	3:44	67.00	5:47:14	5:10	2	55:29	13	55:29