



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Muhs, Matthias

Club: TV - Fürstenwalde

Number: 1348

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 5:52:12

Speed: 11.41 km/h

Running performance: 5:16 min/km

Rank in course/Total: 15 (of 118)

Rank in course/Men: 14 (of 95)

Best time in course: 4:51:45

Rank in category: 2(of 16)

Best time in the category: 5:11:43

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	1:42:43	5:16	2	15:05	16	16:26	19.50	1:42:43	5:16	2	15:05	58	
Kühude	20.50	1:46:46	5:12	2	15:42	19	18:56	40.00	3:29:29	5:14	2	30:47	58	
Nasse Wiese	20.50	1:52:23	5:28	2	8:50	13	21:12	60.50	5:21:52	5:19	2	39:37	57	
Finish	6.50	30:20	4:39	2	0:52	17	5:12	67.00	5:52:12	5:15	2	40:29	14	1:00:27