



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Schwake, Marco

Club: Brühl

Number: 1092

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 3:25:57

Speed: 12.24 km/h

Running performance: 4:54 min/km

Rank in course/Total: 1 (of 46)

Rank in course/Men: 1 (of 36)

Best time in course: 3:25:57

Rank in category: 1(of 4)

Best time in the category: 3:25:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Nasse Wiese	19.50	1:31:43	4:42	1	-	1	-	19.50	1:31:43	4:42	1	-	28	
Obersorpe	8.00	38:13	4:46	1	-	1	-	27.50	2:09:56	4:43	1	-	28	
Finish	14.50	1:16:01	5:14	1	-	1	-	42.00	3:25:57	4:54	1	-	1	-