



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Helferich, Gernot

Club: LTF Marpingen

Number: 1321

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 5:56:26

Speed: 11.28 km/h

Running performance: 5:19 min/km

Rank in course/Total: 17 (of 118)

Rank in course/Men: 16 (of 95)

Best time in course: 4:51:45

Rank in category: 3(of 20)

Best time in the category: 4:58:11

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 | 1:36:54 | 4:58 | 3 | 9:21 | 10 | 10:37 | 19.50 | 1:36:54 | 4:58 | 18 | | | 56 | |
| Kühude | 20.50 | 1:42:47 | 5:00 | 3 | 14:57 | 13 | 14:57 | 40.00 | 3:19:41 | 4:59 | 18 | | | 56 | |
| Nasse Wiese | 20.50 | 2:04:09 | 6:03 | 4 | 27:24 | 24 | 32:58 | 60.50 | 5:23:50 | 5:21 | 18 | | | 55 | |
| Finish | 6.50 | 32:36 | 5:00 | 5 | 6:33 | 26 | 7:28 | 67.00 | 5:56:26 | 5:19 | 3 | 58:15 | 16 | 1:04:41 | |