



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	