



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Mosler, Jürgen

Club: M.U.T Troisdorf

Number: 1347

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 5:56:52

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 18 (of 118)

Rank in course/Men: 17 (of 95)

Best time in course: 4:51:45

Rank in category: 7(of 24)

Best time in the category: 5:13:39

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	1:45:22	5:24	8	15:38	21	19:05	19.50	1:45:22	5:24	18			55	
Kühude	20.50	1:44:48	5:06	7	13:52	15	16:58	40.00	3:30:10	5:15	18			55	
Nasse Wiese	20.50	1:53:59	5:33	8	15:55	17	22:48	60.50	5:24:09	5:21	18			54	
Finish	6.50	32:43	5:01	8	6:02	28	7:35	67.00	5:56:52	5:19	7	43:13	17	1:05:07	