



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Fischer, Siegfried

Club: LuT Aschaffenburg

Number: 1315

Course: 67.00 km

67 km Lauf

Category:

Senioren M55

Total time: 5:56:54

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 19 (of 118)

Rank in course/Men: 18 (of 95)

Best time in course: 4:51:45

Rank in category: 2(of 10)

Best time in the category: 5:53:40

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	1:44:48	5:22	2	1:05	19	18:31	19.50	1:44:48	5:22	2	1:05	54	
Kühude	20.50	1:45:25	5:08	1	-	16	17:35	40.00	3:30:13	5:15	2	0:51	54	
Nasse Wiese	20.50	1:54:00	5:33	2	0:02	18	22:49	60.50	5:24:13	5:21	2	0:53	53	
Finish	6.50	32:41	5:01	5	3:48	27	7:33	67.00	5:56:54	5:19	2	3:14	18	1:05:09