



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Beckmann, Stefan

Club: LG DUV

Number: 1303

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 6:02:07

Speed: 11.10 km/h

Running performance: 5:24 min/km

Rank in course/Total: 21 (of 118)

Rank in course/Men: 20 (of 95)

Best time in course: 4:51:45

Rank in category: 3(of 16)

Best time in the category: 5:11:43

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	1:46:02	5:26	3	18:24	25	19:45	19.50	1:46:02	5:26	3	18:24	52		
Kühude	20.50	1:48:12	5:16	3	17:08	22	20:22	40.00	3:34:14	5:21	3	35:32	52		
Nasse Wiese	20.50	1:55:56	5:39	3	12:23	19	24:45	60.50	5:30:10	5:27	3	47:55	51		
Finish	6.50	31:57	4:54	5	2:29	25	6:49	67.00	6:02:07	5:24	3	50:24	20	1:10:22	