



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

**Adam, Nikolaos**

Club: IGL-Reutlingen

Number: 1301

Course: 67.00 km

67 km Lauf

Category:

Senioren M55

Total time: 6:04:46

Speed: 11.02 km/h

Running performance: 5:26 min/km

Rank in course/Total: 22 (of 118)

Rank in course/Men: 21 (of 95)

Best time in course: 4:51:45

Rank in category: 3(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	1:47:17	5:30	4	3:34	26	21:00	19.50	1:47:17	5:30	3	3:34	51		
Kühude	20.50	1:48:03	5:16	3	2:38	20	20:13	40.00	3:35:20	5:23	3	5:58	51		
Nasse Wiese	20.50	2:00:30	5:52	3	6:32	21	29:19	60.50	5:35:50	5:33	3	12:30	50		
Finish	6.50	28:56	4:27	2	0:03	10	3:48	67.00	6:04:46	5:26	3	11:06	21	1:13:01	