



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Löschengruber, Sven

Club: LT Hanau/Bruchköbel
Number: 1342

Course: 67.00 km
67 km Lauf

Category:
Senioren M40

Total time: 6:06:28

Speed: 10.97 km/h
Running performance: 5:28 min/km

Rank in course/Total: 23 (of 118)

Rank in course/Men: 22 (of 95)

Best time in course: 4:51:45

Rank in category: 4(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	1:47:23	5:30	8	19:50	30	21:06	19.50	1:47:23	5:30	17	1:32	50	
Kühude	20.50	1:48:09	5:16	4	20:19	21	20:19	40.00	3:35:32	5:23	17		50	
Nasse Wiese	20.50	2:00:52	5:53	3	24:07	23	29:41	60.50	5:36:24	5:33	17		49	
Finish	6.50	30:04	4:37	4	4:01	16	4:56	67.00	6:06:28	5:28	4	1:08:17	22	1:14:43