



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Jendretzke, Kai

Club: LG DUV

Number: 1327

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 6:11:09

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 25 (of 118)

Rank in course/Men: 24 (of 95)

Best time in course: 4:51:45

Rank in category: 5(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 | 1:47:17 | 5:30 | 7 | 19:44 | 26 | 21:00 | 19.50 | 1:47:17 | 5:30 | 16 | 1:26 | 51 | |
| Kühude | 20.50 | 1:50:13 | 5:22 | 6 | 22:23 | 26 | 22:23 | 40.00 | 3:37:30 | 5:26 | 16 | | 60 | |
| Nasse Wiese | 20.50 | 2:04:41 | 6:04 | 6 | 27:56 | 26 | 33:30 | 60.50 | 5:42:11 | 5:39 | 16 | | 59 | |
| Finish | 6.50 | 28:58 | 4:27 | 3 | 2:55 | 11 | 3:50 | 67.00 | 6:11:09 | 5:32 | 5 | 1:12:58 | 24 | 1:19:24 |