



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Madry, Norbert

Club: SF Blau-Gelb Marburg

Number: 1344

Course: 67.00 km

67 km Lauf

Category:

Senioren M55

Total time: 6:12:54

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 26 (of 118)

Rank in course/Men: 25 (of 95)

Best time in course: 4:51:45

Rank in category: 4(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	1:47:20	5:30	5	3:37	28	21:03	19.50	1:47:20	5:30	4	3:37	94		
Kühude	20.50	1:50:52	5:24	4	5:27	27	23:02	40.00	3:38:12	5:27	4	8:50	93		
Nasse Wiese	20.50	2:00:48	5:53	4	6:50	22	29:37	60.50	5:39:00	5:36	4	15:40	92		
Finish	6.50	33:54	5:12	6	5:01	35	8:46	67.00	6:12:54	5:33	4	19:14	25	1:21:09	