



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Fischer, Markus

Club: Tempo Colonia

Number: 1057

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 3:48:28

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 3 (of 46)

Rank in course/Men: 3 (of 36)

Best time in course: 3:25:57

Rank in category: 2(of 12)

Best time in the category: 3:40:43

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	1:42:09	5:14	2	4:05	3	10:26	19.50	1:42:09	5:14	2	4:05	21	
Obersorpe	8.00	43:08	5:23	2	3:12	3	4:55	27.50	2:25:17	5:16	2	7:17	21	
Finish	14.50	1:23:11	5:44	2	0:28	3	7:10	42.00	3:48:28	5:26	2	7:45	3	22:31