



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Joerg, Guido

Club: LTF Marpingen

Number: 1328

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 6:18:04

Speed: 10.63 km/h

Running performance: 5:38 min/km

Rank in course/Total: 28 (of 118)

Rank in course/Men: 27 (of 95)

Best time in course: 4:51:45

Rank in category: 4(of 16)

Best time in the category: 5:11:43

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	1:52:51	5:47	6	25:13	36	26:34	19.50	1:52:51	5:47	4	25:13	92	
Kühude	20.50	1:53:48	5:33	5	22:44	33	25:58	40.00	3:46:39	5:39	4	47:57	91	
Nasse Wiese	20.50	1:59:57	5:51	4	16:24	20	28:46	60.50	5:46:36	5:43	4	1:04:21	90	
Finish	6.50	31:28	4:50	3	2:00	21	6:20	67.00	6:18:04	5:38	4	1:06:21	27	1:26:19