



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Tjarks, Eduard

Club: LG Ostfriesland

Number: 1378

Course: 67.00 km

67 km Lauf

Category:

Senioren M55

Total time: 6:18:24

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 29 (of 118)

Rank in course/Men: 28 (of 95)

Best time in course: 4:51:45

Rank in category: 6(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	1:49:25	5:36	6	5:42	32	23:08	19.50	1:49:25	5:36	6	5:42	91	
Kühude	20.50	1:51:03	5:25	6	5:38	29	23:13	40.00	3:40:28	5:30	6	11:06	90	
Nasse Wiese	20.50	2:08:00	6:14	6	14:02	31	36:49	60.50	5:48:28	5:45	6	25:08	89	
Finish	6.50	29:56	4:36	3	1:03	15	4:48	67.00	6:18:24	5:38	6	24:44	28	1:26:39