



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Gudehus, Dirk

Club: Team Erdinger Alkoholfrei

Number: 1759

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 6:19:22

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 30 (of 118)

Rank in course/Men: 29 (of 95)

Best time in course: 4:51:45

Rank in category: 6(of 20)

Best time in the category: 4:58:11

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	1:52:54	5:47	10	25:21	37	26:37	19.50	1:52:54	5:47	15	7:03	90	
Kühude	20.50	1:49:34	5:20	5	21:44	25	21:44	40.00	3:42:28	5:33	15		89	
Nasse Wiese	20.50	2:04:10	6:03	5	27:25	25	32:59	60.50	5:46:38	5:43	15		88	
Finish	6.50	32:44	5:02	6	6:41	29	7:36	67.00	6:19:22	5:39	6	1:21:11	29	1:27:37