



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

**Frenz, Michael**

Club: LG Mauerweg e.V.

Number: 1316

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 6:25:46

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 33 (of 118)

Rank in course/Men: 31 (of 95)

Best time in course: 4:51:45

Rank in category: 7(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	1:50:38	5:40	9	23:05	34	24:21	19.50	1:50:38	5:40	14	4:47	88	
Kühude	20.50	1:51:47	5:27	7	23:57	30	23:57	40.00	3:42:25	5:33	14		87	
Nasse Wiese	20.50	2:05:26	6:07	7	28:41	29	34:15	60.50	5:47:51	5:44	14		86	
Finish	6.50	37:55	5:49	9	11:52	52	12:47	67.00	6:25:46	5:45	7	1:27:35	31	1:34:01