



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Gerigk, Christoph

Club: TV Beckum

Number: 1757

Course: 67.00 km

67 km Lauf

Category:

Männer

Total time: 6:27:39

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 36 (of 118)

Rank in course/Men: 33 (of 95)

Best time in course: 4:51:45

Rank in category: 3(of 6)

Best time in the category: 5:01:18

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	1:47:22	5:30	3	21:05	29	21:05	19.50	1:47:22	5:30	3	15:57	86	
Kühude	20.50	1:48:23	5:17	3	19:11	23	20:33	40.00	3:35:45	5:23	3	32:36	85	
Nasse Wiese	20.50	2:17:58	6:43	4	45:21	43	46:47	60.50	5:53:43	5:50	3	1:17:57	84	
Finish	6.50	33:56	5:13	4	8:24	36	8:48	67.00	6:27:39	5:47	3	1:26:21	33	1:35:54