



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Dietz, Ralph

Club: TEAM Deutschland

Number: 1100

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 4:03:46

Speed: 10.34 km/h

Running performance: 5:48 min/km

Rank in course/Total: 4 (of 46)

Rank in course/Men: 4 (of 36)

Best time in course: 3:25:57

Rank in category: 3(of 12)

Best time in the category: 3:40:43

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	1:42:11	5:14	3	4:07	4	10:28	19.50	1:42:11	5:14	3	4:07	22		
Obersorpe	8.00	43:11	5:23	3	3:15	4	4:58	27.50	2:25:22	5:17	3	7:22	22		
Finish	14.50	1:38:24	6:47	6	15:41	11	22:23	42.00	4:03:46	5:48	3	23:03	4	37:49	