



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Dräger, Andreas

Club: TSG Helberhausen

Number: 1312

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 6:34:22

Speed: 10.19 km/h

Running performance: 5:53 min/km

Rank in course/Total: 37 (of 118)

Rank in course/Men: 34 (of 95)

Best time in course: 4:51:45

Rank in category: 5(of 16)

Best time in the category: 5:11:43

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	1:47:35	5:31	4	19:57	31	21:18	19.50	1:47:35	5:31	5	19:57	72	
Kühude	20.50	1:57:27	5:43	6	26:23	38	29:37	40.00	3:45:02	5:37	5	46:20	71	
Nasse Wiese	20.50	2:14:43	6:34	8	31:10	40	43:32	60.50	5:59:45	5:56	5	1:17:30	83	
Finish	6.50	34:37	5:19	8	5:09	40	9:29	67.00	6:34:22	5:53	5	1:22:39	34	1:42:37