



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

**Gralka, Robert**

Club: Tri Sport Menden

Number: 1318

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 6:36:04

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 38 (of 118)

Rank in course/Men: 35 (of 95)

Best time in course: 4:51:45

Rank in category: 8(of 20)

Best time in the category: 4:58:11

### 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	1:42:08	5:14	4	14:35	15	15:51	19.50	1:42:08	5:14	13			83
Kühude	20.50	1:58:49	5:47	9	30:59	40	30:59	40.00	3:40:57	5:31	13			82
Nasse Wiese	20.50	2:20:39	6:51	10	43:54	47	49:28	60.50	6:01:36	5:58	13			70
Finish	6.50	34:28	5:18	8	8:25	37	9:20	67.00	6:36:04	5:54	8	1:37:53	35	1:44:19