



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Pamp, Daniel

Club: LGO Bochum

Number: 1101

Course: 42.00 km

42 km Lauf

Category:

Senioren M30

Total time: 4:07:43

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 5 (of 46)

Rank in course/Men: 5 (of 36)

Best time in course: 3:25:57

Rank in category: 1(of 1)

Best time in the category: 4:07:43

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	1:53:24	5:48	1	-	6	21:41	19.50	1:53:24	5:48	1	-	23	
Obersorpe	8.00	44:53	5:36	1	-	8	6:40	27.50	2:38:17	5:45	1	-	23	
Finish	14.50	1:29:26	6:10	1	-	6	13:25	42.00	4:07:43	5:53	1	-	5	41:46