



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Schmidt, Sebastian

Club: Team Luftwaffe Köln

Number: 1368

Course: 67.00 km

67 km Lauf

Category:

Senioren M35

Total time: 6:38:26

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 39 (of 118)

Rank in course/Men: 36 (of 95)

Best time in course: 4:51:45

Rank in category: 3(of 7)

Best time in the category: 4:51:45

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	1:55:19	5:54	3	27:43	40	29:02	19.50	1:55:19	5:54	3	27:43	82	
Kühude	20.50	1:54:20	5:34	3	26:30	36	26:30	40.00	3:49:39	5:44	3	54:13	81	
Nasse Wiese	20.50	2:13:02	6:29	3	41:51	38	41:51	60.50	6:02:41	5:59	3	1:36:04	81	
Finish	6.50	35:45	5:30	3	10:37	45	10:37	67.00	6:38:26	5:56	3	1:46:41	36	1:46:41