



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Laur, Rüdiger

Club: LT Bittermark Dortmund

Number: 1067

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 4:10:42

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 6 (of 46)

Rank in course/Men: 6 (of 36)

Best time in course: 3:25:57

Rank in category: 4(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	1:58:30	6:04	5	20:26	10	26:47	19.50	1:58:30	6:04	4	20:26	24	
Obersorpe	8.00	43:45	5:28	4	3:49	5	5:32	27.50	2:42:15	5:54	4	24:15	24	
Finish	14.50	1:28:27	6:06	3	5:44	4	12:26	42.00	4:10:42	5:58	4	29:59	6	44:45