



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Randt, Christoph

Club: 100 Marathon Club

Number: 1074

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 4:11:10

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 7 (of 46)

Rank in course/Men: 7 (of 36)

Best time in course: 3:25:57

Rank in category: 1(of 7)

Best time in the category: 4:11:10

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	1:57:42	6:02	2	4:40	8	25:59	19.50	1:57:42	6:02	1	-	25	
Obersorpe	8.00	44:20	5:32	1	-	6	6:07	27.50	2:42:02	5:53	1	-	25	
Finish	14.50	1:29:08	6:08	1	-	5	13:07	42.00	4:11:10	5:58	1	-	7	45:13