



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Schuster, Ralf

Club: TC Kray 1892 e.V.

Number: 1776

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 6:41:05

Speed: 10.02 km/h

Running performance: 5:59 min/km

Rank in course/Total: 40 (of 118)

Rank in course/Men: 37 (of 95)

Best time in course: 4:51:45

Rank in category: 6(of 16)

Best time in the category: 5:11:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	1:58:54	6:05	9	31:16	51	32:37	19.50	1:58:54	6:05	6	31:16	81	
Kühude	20.50	1:57:56	5:45	7	26:52	39	30:06	40.00	3:56:50	5:55	6	58:08	80	
Nasse Wiese	20.50	2:09:32	6:19	5	25:59	33	38:21	60.50	6:06:22	6:03	6	1:24:07	80	
Finish	6.50	34:43	5:20	9	5:15	41	9:35	67.00	6:41:05	5:59	6	1:29:22	37	1:49:20