



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Deckert, Harald

Club: TV Schweinheim

Number: 1089

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 4:13:08

Speed: 9.96 km/h

Running performance: 6:02 min/km

Rank in course/Total: 8 (of 46)

Rank in course/Men: 8 (of 36)

Best time in course: 3:25:57

Rank in category: 5(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	1:53:25	5:48	4	15:21	7	21:42	19.50	1:53:25	5:48	5	15:21	26	
Obersorpe	8.00	44:50	5:36	5	4:54	7	6:37	27.50	2:38:15	5:45	5	20:15	26	
Finish	14.50	1:34:53	6:32	4	12:10	8	18:52	42.00	4:13:08	6:01	5	32:25	8	47:11