



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Hoffmann, Norbert

Club: SC Selters /LG Westerwald

Number: 1325

Course: 67.00 km

67 km Lauf

Category:

Senioren M70

Total time: 6:42:18

Speed: 9.99 km/h

Running performance: 6:00 min/km

Rank in course/Total: 42 (of 118)

Rank in course/Men: 39 (of 95)

Best time in course: 4:51:45

Rank in category: 1(of 1)

Best time in the category: 6:42:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	1:58:01	6:03	1	-	48	31:44	19.50	1:58:01	6:03	1	-	79	
Kühude	20.50	2:00:28	5:52	1	-	43	32:38	40.00	3:58:29	5:57	1	-	78	
Nasse Wiese	20.50	2:10:42	6:22	1	-	35	39:31	60.50	6:09:11	6:06	1	-	78	
Finish	6.50	33:07	5:05	1	-	31	7:59	67.00	6:42:18	6:00	1	-	39	1:50:33