



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Fürchow, Lutz

Club: LG Würzburg

Number: 1317

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 6:43:28

Speed: 9.96 km/h

Running performance: 6:01 min/km

Rank in course/Total: 43 (of 118)

Rank in course/Men: 40 (of 95)

Best time in course: 4:51:45

Rank in category: 8(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.	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	1:52:49	5:47	5	25:11	35	26:32	19.50	1:52:49	5:47	8	25:11	78	
Kühude	20.50	1:53:33	5:32	4	22:29	32	25:43	40.00	3:46:22	5:39	8	47:40	77	
Nasse Wiese	20.50	2:23:58	7:01	10	40:25	50	52:47	60.50	6:10:20	6:07	8	1:28:05	77	
Finish	6.50	33:08	5:05	6	3:40	32	8:00	67.00	6:43:28	6:01	8	1:31:45	40	1:51:43