



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Holwitt, Stephan

Club: Telgte

Number: 1764

Course: 67.00 km

67 km Lauf

Category:

Senioren M35

Total time: 6:51:10

Speed: 9.78 km/h

Running performance: 6:08 min/km

Rank in course/Total: 45 (of 118)

Rank in course/Men: 41 (of 95)

Best time in course: 4:51:45

Rank in category: 4(of 7)

Best time in the category: 4:51:45

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	1:57:12	6:00	4	29:36	44	30:55	19.50	1:57:12	6:00	4	29:36	77	
Kühude	20.50	1:56:55	5:42	4	29:05	37	29:05	40.00	3:54:07	5:51	4	58:41	76	
Nasse Wiese	20.50	2:19:48	6:49	4	48:37	45	48:37	60.50	6:13:55	6:10	4	1:47:18	76	
Finish	6.50	37:15	5:43	4	12:07	51	12:07	67.00	6:51:10	6:08	4	1:59:25	41	1:59:25