



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Blome, Uwe

Club: SSV Allendorf

Number: 1051

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 4:23:01

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 9 (of 46)

Rank in course/Men: 9 (of 36)

Best time in course: 3:25:57

Rank in category: 2(of 7)

Best time in the category: 4:11:10

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	1:57:45	6:02	3	4:43	9	26:02	19.50	1:57:45	6:02	2	0:03	27	
Obersorpe	8.00	47:14	5:54	2	2:54	9	9:01	27.50	2:44:59	5:59	2	2:57	27	
Finish	14.50	1:38:02	6:45	2	8:54	10	22:01	42.00	4:23:01	6:15	2	11:51	9	57:04