



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Kantimm, Thomas

Club: Drensteinfurt

Number: 1786

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 6:54:26

Speed: 9.70 km/h

Running performance: 6:11 min/km

Rank in course/Total: 50 (of 118)

Rank in course/Men: 45 (of 95)

Best time in course: 4:51:45

Rank in category: 10(of 16)

Best time in the category: 5:11:43

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	1:59:03	6:06	10	31:25	52	32:46	19.50	1:59:03	6:06	10	31:25	73	
Kühude	20.50	2:02:05	5:57	9	31:01	46	34:15	40.00	4:01:08	6:01	10	1:02:26	72	
Nasse Wiese	20.50	2:16:37	6:39	9	33:04	42	45:26	60.50	6:17:45	6:14	10	1:35:30	72	
Finish	6.50	36:41	5:38	11	7:13	49	11:33	67.00	6:54:26	6:11	10	1:42:43	45	2:02:41