



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Van Rennings, Uwe

Club: TRIFUN Hennesee

Number: 1086

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 4:27:48

Speed: 9.41 km/h

Running performance: 6:23 min/km

Rank in course/Total: 12 (of 46)

Rank in course/Men: 12 (of 36)

Best time in course: 3:25:57

Rank in category: 6(of 12)

Best time in the category: 3:40:43

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	2:02:39	6:17	6	24:35	11	30:56	19.50	2:02:39	6:17	6	24:35	30	
Obersorpe	8.00	48:02	6:00	6	8:06	10	9:49	27.50	2:50:41	6:12	6	32:41	30	
Finish	14.50	1:37:07	6:41	5	14:24	9	21:06	42.00	4:27:48	6:22	6	47:05	12	1:01:51