



Bödefelder Hollenlauf/ -Marsch
 Bödefeld / 19.05.2012

Detailed evaluation

stohldreier, thorsten

Club: sparclub spiekers corner marsberg
 Number: 1374

Course: 67.00 km
 67 km Lauf

Category:
 Senioren M40

Total time: 7:04:57

Speed: 9.46 km/h
 Running performance: 6:20 min/km

Rank in course/Total: 55 (of 118)

Rank in course/Men: 48 (of 95)

Best time in course: 4:51:45

Rank in category: 10(of 20)

Best time in the category: 4:58:11

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	1:45:51	5:25	6	18:18	23	19:34	19.50	1:45:51	5:25	1	-	23	
Kühude	20.50	1:58:51	5:47	10	31:01	41	31:01	40.00	3:44:42	5:37	1	-	23	
Nasse Wiese	20.50	2:30:14	7:19	11	53:29	53	59:03	60.50	6:14:56	6:11	1	-	23	
Finish	6.50	50:01	7:41	19	23:58	83	24:53	67.00	7:04:57	6:20	10	2:06:46	48	2:13:12