



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Stollfuss, Uwe

Club: LT Gruiten-Neandertal

Number: 1375

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 7:07:56

Speed: 9.39 km/h

Running performance: 6:23 min/km

Rank in course/Total: 56 (of 118)

Rank in course/Men: 49 (of 95)

Best time in course: 4:51:45

Rank in category: 12(of 24)

Best time in the category: 5:13:39

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	1:56:30	5:58	12	26:46	43	30:13	19.50	1:56:30	5:58	1	-	22	
Kühude	20.50	2:00:04	5:51	11	29:08	42	32:14	40.00	3:56:34	5:54	1	-	22	
Nasse Wiese	20.50	2:29:21	7:17	13	51:17	52	58:10	60.50	6:25:55	6:22	1	-	22	
Finish	6.50	42:01	6:27	16	15:20	67	16:53	67.00	7:07:56	6:23	12	1:54:17	49	2:16:11