



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Wachsmann, Rainer

Club: LSF Münster

Number: 1082

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 4:39:27

Speed: 9.02 km/h

Running performance: 6:39 min/km

Rank in course/Total: 14 (of 46)

Rank in course/Men: 14 (of 36)

Best time in course: 3:25:57

Rank in category: 7(of 12)

Best time in the category: 3:40:43

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	2:10:12	6:40	10	32:08	25	38:29	19.50	2:10:12	6:40	7	32:08	32	4:53
Obersorpe	8.00	48:24	6:02	7	8:28	11	10:11	27.50	2:58:36	6:29	7	40:36	32	
Finish	14.50	1:40:51	6:57	7	18:08	14	24:50	42.00	4:39:27	6:39	7	58:44	14	1:13:30