



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Luerweg, Heinz

Club: SV Lembeck

Number: 1090

Course: 42.00 km

42 km Lauf

Category:

Senioren M60

Total time: 4:39:39

Speed: 9.01 km/h

Running performance: 6:40 min/km

Rank in course/Total: 15 (of 46)

Rank in course/Men: 15 (of 36)

Best time in course: 3:25:57

Rank in category: 1(of 3)

Best time in the category: 4:39:39

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	2:04:25	6:22	1	-	15	32:42	19.50	2:04:25	6:22	1	-	33	
Obersorpe	8.00	50:06	6:15	1	-	16	11:53	27.50	2:54:31	6:20	1	-	33	
Finish	14.50	1:45:08	7:15	1	-	16	29:07	42.00	4:39:39	6:39	1	-	15	1:13:42