



# 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 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	2:04:25	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