



Bödefelder Hollenlauf/ -Marsch
 Bödefeld / 19.05.2012

Detailed evaluation

Bandowski, Dirk

Club: LG Kaufungen
 Number: 1751

Course: 67.00 km
 67 km Lauf

Category:
 Senioren M40

Total time: 7:10:55

Speed: 9.33 km/h
 Running performance: 6:26 min/km

Rank in course/Total: 57 (of 118)

Rank in course/Men: 50 (of 95)

Best time in course: 4:51:45

Rank in category: 11(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	2:12:54	6:48	15	45:21	70	46:37	19.50	2:12:54	6:48	10	27:03	21	12:11
Kühude	20.50	2:12:30	6:27	13	44:40	59	44:40	40.00	4:25:24	6:38	10	40:42	21	21:00
Nasse Wiese	20.50	2:12:46	6:28	8	36:01	37	41:35	60.50	6:38:10	6:34	10	23:14	21	
Finish	6.50	32:45	5:02	7	6:42	30	7:37	67.00	7:10:55	6:25	11	2:12:44	50	2:19:10