



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Dannenberg, Wim

Club: Hunzerunners Annen

Number: 1054

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 4:43:24

Speed: 8.89 km/h

Running performance: 6:45 min/km

Rank in course/Total: 17 (of 46)

Rank in course/Men: 17 (of 36)

Best time in course: 3:25:57

Rank in category: 6(of 7)

Best time in the category: 4:11:10

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	2:04:39	6:23	5	11:37	16	32:56	19.50	2:04:39	6:23	6	6:57	35	
Obersorpe	8.00	51:33	6:26	5	7:13	18	13:20	27.50	2:56:12	6:24	6	14:10	35	
Finish	14.50	1:47:12	7:23	6	18:04	18	31:11	42.00	4:43:24	6:44	6	32:14	17	1:17:27