



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

von Heydebrand, Klaus

Club: FC Remblinghausen

Number: 1382

Course: 67.00 km

67 km Lauf

Category:

Senioren M55

Total time: 7:12:05

Speed: 9.30 km/h

Running performance: 6:27 min/km

Rank in course/Total: 59 (of 118)

Rank in course/Men: 51 (of 95)

Best time in course: 4:51:45

Rank in category: 8(of 10)

Best time in the category: 5:53:40

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	1:57:56	6:02	8	14:13	46	31:39	19.50	1:57:56	6:02	8	14:13	20	
Kühude	20.50	2:07:28	6:13	8	22:03	51	39:38	40.00	4:05:24	6:08	8	36:02	20	1:00
Nasse Wiese	20.50	2:31:55	7:24	8	37:57	55	1:00:44	60.50	6:37:19	6:34	8	1:13:59	20	
Finish	6.50	34:46	5:20	7	5:53	42	9:38	67.00	7:12:05	6:26	8	1:18:25	51	2:20:20