



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Sprang, Holger

Number: 1372

Course: 67.00 km
67 km Lauf

Category:
Senioren M45

Total time: 7:15:03

Speed: 9.24 km/h

Running performance: 6:29 min/km

Rank in course/Total: 61 (of 118)

Rank in course/Men: 52 (of 95)

Best time in course: 4:51:45

Rank in category: 13(of 24)

Best time in the category: 5:13:39

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	2:07:54	6:33	16	38:10	60	41:37	19.50	2:07:54	6:33	12	11:24	19	7:11
Kühude	20.50	2:07:36	6:13	13	36:40	52	39:46	40.00	4:15:30	6:23	12	18:56	19	11:06
Nasse Wiese	20.50	2:24:34	7:03	12	46:30	51	53:23	60.50	6:40:04	6:36	12	14:09	19	
Finish	6.50	34:59	5:22	11	8:18	43	9:51	67.00	7:15:03	6:29	13	2:01:24	52	2:23:18