



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Ritter, Roland

Club: TuS Uentrop

Number: 1360

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 7:16:22

Speed: 9.21 km/h

Running performance: 6:31 min/km

Rank in course/Total: 62 (of 118)

Rank in course/Men: 53 (of 95)

Best time in course: 4:51:45

Rank in category: 11(of 16)

Best time in the category: 5:11:43

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	1:58:14	6:03	8	30:36	49	31:57	19.50	1:58:14	6:03	11	30:36	18	
Kühude	20.50	2:07:42	6:13	11	36:38	53	39:52	40.00	4:05:56	6:08	11	1:07:14	18	1:32
Nasse Wiese	20.50	2:33:13	7:28	11	49:40	58	1:02:02	60.50	6:39:09	6:35	11	1:56:54	18	
Finish	6.50	37:13	5:43	12	7:45	50	12:05	67.00	7:16:22	6:30	11	2:04:39	53	2:24:37