



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Schmidt-Soltau, Peer

Club: 100 Marathon Club

Number: 1844

Course: 67.00 km

67 km Lauf

Category:

Senioren M30

Total time: 7:18:59

Speed: 9.16 km/h

Running performance: 6:33 min/km

Rank in course/Total: 64 (of 118)

Rank in course/Men: 54 (of 95)

Best time in course: 4:51:45

Rank in category: 1(of 2)

Best time in the category: 7:18:59

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	2:14:18	6:53	2	3:52	73	48:01	19.50	2:14:18	6:53	1	-	17	13:35
Kühude	20.50	2:10:59	6:23	1	-	56	43:09	40.00	4:25:17	6:37	1	-	17	20:53
Nasse Wiese	20.50	2:18:05	6:44	1	-	44	46:54	60.50	6:43:22	6:40	1	-	17	
Finish	6.50	35:37	5:28	1	-	44	10:29	67.00	7:18:59	6:33	1	-	54	2:27:14