



Bödefelder Hollenlauf/ -Marsch
 Bödefeld / 19.05.2012

Detailed evaluation

Niederhofer, Stefan

Club: TuS Breckerfeld
 Number: 1353

Course: 67.00 km
 67 km Lauf

Category:
 Senioren M35

Total time: 7:21:20

Speed: 9.11 km/h
 Running performance: 6:35 min/km

Rank in course/Total: 65 (of 118)

Rank in course/Men: 55 (of 95)

Best time in course: 4:51:45

Rank in category: 5(of 7)

Best time in the category: 4:51:45

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	2:07:39	6:32	5	40:03	59	41:22	19.50	2:07:39	6:32	5	40:03	16	6:56
Kühude	20.50	2:12:00	6:26	5	44:10	58	44:10	40.00	4:19:39	6:29	5	1:24:13	16	15:15
Nasse Wiese	20.50	2:23:39	7:00	5	52:28	49	52:28	60.50	6:43:18	6:39	5	2:16:41	16	
Finish	6.50	38:02	5:51	5	12:54	53	12:54	67.00	7:21:20	6:35	5	2:29:35	55	2:29:35