



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Pfaff, Torsten

Club: Aarseerunners

Number: 1072

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 4:53:55

Speed: 8.57 km/h

Running performance: 7:00 min/km

Rank in course/Total: 22 (of 46)

Rank in course/Men: 21 (of 36)

Best time in course: 3:25:57

Rank in category: 8(of 12)

Best time in the category: 3:40:43

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	2:06:07	6:28	8	28:03	21	34:24	19.50	2:06:07	6:28	8	28:03	3	0:48
Obersorpe	8.00	53:55	6:44	10	13:59	26	15:42	27.50	3:00:02	6:32	8	42:02	3	
Finish	14.50	1:53:53	7:51	9	31:10	24	37:52	42.00	4:53:55	6:59	8	1:13:12	21	1:27:58