



Bödefelder Hollenlauf/ -Marsch
 Bödefeld / 19.05.2012

Detailed evaluation

Kähler, Enno

Club: Osnabrück
 Number: 1065

Course: 42.00 km
 42 km Lauf

Category:
 Senioren M45

Total time: 4:55:59

Speed: 8.51 km/h
 Running performance: 7:03 min/km

Rank in course/Total: 23 (of 46)

Rank in course/Men: 22 (of 36)

Best time in course: 3:25:57

Rank in category: 9(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	2:04:08	6:21	7	26:04	13	32:25	19.50	2:04:08	6:21	9	26:04	4	
Obersorpe	8.00	51:59	6:29	8	12:03	19	13:46	27.50	2:56:07	6:24	9	38:07	4	
Finish	14.50	1:59:52	8:15	11	37:09	31	43:51	42.00	4:55:59	7:02	9	1:15:16	22	1:30:02