



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Kähler, Maik

Club: Osnabrück

Number: 1066

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 4:56:33

Speed: 8.50 km/h

Running performance: 7:04 min/km

Rank in course/Total: 24 (of 46)

Rank in course/Men: 23 (of 36)

Best time in course: 3:25:57

Rank in category: 4(of 4)

Best time in the category: 3:25:57

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	2:04:04	6:21	2	32:21	12	32:21	19.50	2:04:04	6:21	4	32:21	5	
Obersorpe	8.00	52:04	6:30	4	13:51	20	13:51	27.50	2:56:08	6:24	4	46:12	5	
Finish	14.50	2:00:25	8:18	4	44:24	32	44:24	42.00	4:56:33	7:03	4	1:30:36	23	1:30:36