



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Ziese, Bernd

Club: Münster

Number: 1095

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 5:07:00

Speed: 8.21 km/h

Running performance: 7:19 min/km

Rank in course/Total: 29 (of 46)

Rank in course/Men: 27 (of 36)

Best time in course: 3:25:57

Rank in category: 11(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	2:25:58	7:29	12	47:54	34	54:15	19.50	2:25:58	7:29	11	47:54	9	20:39
Obersorpe	8.00	56:15	7:01	11	16:19	30	18:02	27.50	3:22:13	7:21	11	1:04:13	9	21:13
Finish	14.50	1:44:47	7:13	8	22:04	15	28:46	42.00	5:07:00	7:18	11	1:26:17	27	1:41:03