



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Albrecht, Frank

Club: Menden
Number: 1094

Course: 42.00 km
42 km Lauf

Category:
Senioren M50

Total time: 5:08:02

Speed: 8.18 km/h
Running performance: 7:20 min/km

Rank in course/Total: 30 (of 46)

Rank in course/Men: 28 (of 36)

Best time in course: 3:25:57

Rank in category: 2(of 7)

Best time in the category: 4:53:47

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	2:05:19	6:25	2	0:10	19	33:36	19.50	2:05:19	6:25	2	0:10	1	-
Obersorpe	8.00	55:41	6:57	2	2:05	27	17:28	27.50	3:01:00	6:34	2	2:15	1	-
Finish	14.50	2:07:02	8:45	7	12:00	36	51:01	42.00	5:08:02	7:20	2	14:15	28	1:42:05