



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Dörenkamp, Anton

Club: LT Elsen-Wewer

Number: 1150

Course: 42.00 km

42 km Lauf

Category:

Senioren M60

Total time: 5:08:46

Speed: 8.16 km/h

Running performance: 7:21 min/km

Rank in course/Total: 31 (of 46)

Rank in course/Men: 29 (of 36)

Best time in course: 3:25:57

Rank in category: 2(of 3)

Best time in the category: 4:39:39

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	2:18:03	7:04	2	13:38	32	46:20	19.50	2:18:03	7:04	2	13:38	11	12:44
Obersorpe	8.00	57:58	7:14	2	7:52	32	19:45	27.50	3:16:01	7:07	2	21:30	11	15:01
Finish	14.50	1:52:45	7:46	2	7:37	22	36:44	42.00	5:08:46	7:21	2	29:07	29	1:42:49