



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Meisterling-Riecks, Bernd

Club: LG Mönchengladbach

Number: 1069

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 5:09:11

Speed: 8.15 km/h

Running performance: 7:22 min/km

Rank in course/Total: 33 (of 46)

Rank in course/Men: 30 (of 36)

Best time in course: 3:25:57

Rank in category: 3(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 | 2:17:22 | 7:02 | 5 | 12:13 | 29 | 45:39 | 19.50 | 2:17:22 | 7:02 | 3 | 12:13 | 12 | 12:03 |
| Obersorpe | 8.00 | 56:14 | 7:01 | 4 | 2:38 | 29 | 18:01 | 27.50 | 3:13:36 | 7:02 | 3 | 14:51 | 12 | 12:36 |
| Finish | 14.50 | 1:55:35 | 7:58 | 2 | 0:33 | 26 | 39:34 | 42.00 | 5:09:11 | 7:21 | 3 | 15:24 | 30 | 1:43:14 |