



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

**Harff, Volker**

Club: LT-MG-Volksgarten

Number: 1085

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 5:09:41

Speed: 8.14 km/h

Running performance: 7:22 min/km

Rank in course/Total: 34 (of 46)

Rank in course/Men: 31 (of 36)

Best time in course: 3:25:57

Rank in category: 4(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	2:14:59	6:55	4	9:50	28	43:16	19.50	2:14:59	6:55	4	9:50	13	9:40
Obersorpe	8.00	56:13	7:01	3	2:37	28	18:00	27.50	3:11:12	6:57	4	12:27	13	10:12
Finish	14.50	1:58:29	8:10	3	3:27	28	42:28	42.00	5:09:41	7:22	4	15:54	31	1:43:44