



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Förster, Michael

Club: Bad Berleburg

Number: 1756

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 7:38:40

Speed: 8.76 km/h

Running performance: 6:51 min/km

Rank in course/Total: 70 (of 118)

Rank in course/Men: 60 (of 95)

Best time in course: 4:51:45

Rank in category: 16(of 24)

Best time in the category: 5:13:39

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	2:05:38	6:26	15	35:54	58	39:21	19.50	2:05:38	6:26	9	9:08	11	4:55
Kühude	20.50	2:14:36	6:33	15	43:40	61	46:46	40.00	4:20:14	6:30	9	23:40	11	15:50
Nasse Wiese	20.50	2:38:27	7:43	15	1:00:23	63	1:07:16	60.50	6:58:41	6:55	9	32:46	11	12:43
Finish	6.50	39:59	6:09	14	13:18	61	14:51	67.00	7:38:40	6:50	16	2:25:01	60	2:46:55