



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Zander, Markus

Club: Kreuth

Number: 1390

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 7:39:52

Speed: 8.74 km/h

Running performance: 6:52 min/km

Rank in course/Total: 72 (of 118)

Rank in course/Men: 62 (of 95)

Best time in course: 4:51:45

Rank in category: 14(of 20)

Best time in the category: 4:58:11

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	1:58:36	6:04	12	31:03	50	32:19	19.50	1:58:36	6:04	7	12:45	9	
Kühude	20.50	2:09:58	6:20	12	42:08	54	42:08	40.00	4:08:34	6:12	7	23:52	9	4:10
Nasse Wiese	20.50	2:46:56	8:08	16	1:10:11	75	1:15:45	60.50	6:55:30	6:52	7	40:34	9	9:32
Finish	6.50	44:22	6:49	15	18:19	71	19:14	67.00	7:39:52	6:51	14	2:41:41	62	2:48:07