



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Gramann, Andreas

Club: Isono Running Team

Number: 1104

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 5:12:22

Speed: 8.07 km/h

Running performance: 7:26 min/km

Rank in course/Total: 36 (of 46)

Rank in course/Men: 32 (of 36)

Best time in course: 3:25:57

Rank in category: 12(of 12)

Best time in the category: 3:40:43

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	2:17:55	7:04	11	39:51	31	46:12	19.50	2:17:55	7:04	12	39:51	14	12:36
Obersorpe	8.00	58:13	7:16	12	18:17	33	20:00	27.50	3:16:08	7:07	12	58:08	14	15:08
Finish	14.50	1:56:14	8:00	10	33:31	27	40:13	42.00	5:12:22	7:26	12	1:31:39	32	1:46:25