



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

van der laan, siebe

Club: hunzerunners

Number: 1081

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 5:14:05

Speed: 8.02 km/h

Running performance: 7:29 min/km

Rank in course/Total: 38 (of 46)

Rank in course/Men: 33 (of 36)

Best time in course: 3:25:57

Rank in category: 5(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	2:13:54	6:52	3	8:45	27	42:11	19.50	2:13:54	6:52	5	8:45	15	8:35
Obersorpe	8.00	57:41	7:12	5	4:05	31	19:28	27.50	3:11:35	6:58	5	12:50	15	10:35
Finish	14.50	2:02:30	8:26	5	7:28	33	46:29	42.00	5:14:05	7:28	5	20:18	33	1:48:08