



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Stapelbroek, Dieter

Club: DJK Coesfeld

Number: 1373

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 7:51:59

Speed: 8.52 km/h

Running performance: 7:02 min/km

Rank in course/Total: 75 (of 118)

Rank in course/Men: 65 (of 95)

Best time in course: 4:51:45

Rank in category: 17(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 | 2:02:24 | 6:16 | 14 | 32:40 | 56 | 36:07 | 19.50 | 2:02:24 | 6:16 | 8 | 5:54 | 6 | 1:41 |
| Kühude | 20.50 | 2:22:08 | 6:55 | 17 | 51:12 | 72 | 54:18 | 40.00 | 4:24:32 | 6:36 | 8 | 27:58 | 6 | 20:08 |
| Nasse Wiese | 20.50 | 2:42:33 | 7:55 | 20 | 1:04:29 | 71 | 1:11:22 | 60.50 | 7:07:05 | 7:03 | 8 | 41:10 | 6 | 21:07 |
| Finish | 6.50 | 44:54 | 6:54 | 20 | 18:13 | 75 | 19:46 | 67.00 | 7:51:59 | 7:02 | 17 | 2:38:20 | 65 | 3:00:14 |