



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Dahlbeck, Klaus

Club: BSG Springorum

Number: 1798

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 7:53:12

Speed: 8.50 km/h

Running performance: 7:04 min/km

Rank in course/Total: 76 (of 118)

Rank in course/Men: 66 (of 95)

Best time in course: 4:51:45

Rank in category: 12(of 16)

Best time in the category: 5:11:43

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	2:04:10	6:22	12	36:32	57	37:53	19.50	2:04:10	6:22	12	36:32	5	3:27
Kühude	20.50	2:10:24	6:21	12	39:20	55	42:34	40.00	4:14:34	6:21	12	1:15:52	5	10:10
Nasse Wiese	20.50	2:38:37	7:44	13	55:04	64	1:07:26	60.50	6:53:11	6:49	12	2:10:56	5	7:13
Finish	6.50	1:00:01	9:13	16	30:33	90	34:53	67.00	7:53:12	7:03	12	2:41:29	66	3:01:27