



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Gerlach, Jörg

Club: 100 Marathon Club

Number: 1810

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 8:02:11

Speed: 8.34 km/h

Running performance: 7:12 min/km

Rank in course/Total: 81 (of 118)

Rank in course/Men: 70 (of 95)

Best time in course: 4:51:45

Rank in category: 14(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	2:12:37	6:48	13	44:59	69	46:20	19.50	2:12:37	6:48	14	44:59	13	11:54
Kühude	20.50	2:22:35	6:57	14	51:31	74	54:45	40.00	4:35:12	6:52	14	1:36:30	13	30:48
Nasse Wiese	20.50	2:42:50	7:56	15	59:17	72	1:11:39	60.50	7:18:02	7:14	14	2:35:47	13	32:04
Finish	6.50	44:09	6:47	14	14:41	70	19:01	67.00	8:02:11	7:11	14	2:50:28	70	3:10:26