



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Hempel, Hartmut

Club: LSF-Unna-2000

Number: 1322

Course: 67.00 km

67 km Lauf

Category:

Senioren M65

Total time: 8:04:47

Speed: 8.29 km/h

Running performance: 7:14 min/km

Rank in course/Total: 82 (of 118)

Rank in course/Men: 71 (of 95)

Best time in course: 4:51:45

Rank in category: 2(of 5)

Best time in the category: 6:20:41

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	2:09:16	6:37	2	23:41	62	42:59	19.50	2:09:16	6:37	2	23:41	47	8:33
Kühude	20.50	2:17:09	6:41	2	25:16	64	49:19	40.00	4:26:25	6:39	2	48:57	47	22:01
Nasse Wiese	20.50	2:56:00	8:35	3	47:20	80	1:24:49	60.50	7:22:25	7:18	2	1:36:17	46	36:27
Finish	6.50	42:22	6:31	2	7:49	68	17:14	67.00	8:04:47	7:14	2	1:44:06	71	3:13:02