



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

van den Elzen, Gerard

Club: LSF-Unna-2000

Number: 1380

Course: 67.00 km

67 km Lauf

Category:

Senioren M55

Total time: 8:10:08

Speed: 8.20 km/h

Running performance: 7:19 min/km

Rank in course/Total: 85 (of 118)

Rank in course/Men: 74 (of 95)

Best time in course: 4:51:45

Rank in category: 10(of 10)

Best time in the category: 5:53:40

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	2:09:26	6:38	9	25:43	63	43:09	19.50	2:09:26	6:38	10	25:43	44	8:43
Kühude	20.50	2:17:02	6:41	9	31:37	63	49:12	40.00	4:26:28	6:39	10	57:06	44	22:04
Nasse Wiese	20.50	2:59:13	8:44	10	1:05:15	82	1:28:02	60.50	7:25:41	7:22	10	2:02:21	43	39:43
Finish	6.50	44:27	6:50	10	15:34	72	19:19	67.00	8:10:08	7:18	10	2:16:28	74	3:18:23