



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

**Krallmann, Jörg**

Club: Lauffreunde Emsland

Number: 1766

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 8:26:48

Speed: 7.93 km/h

Running performance: 7:34 min/km

Rank in course/Total: 92 (of 118)

Rank in course/Men: 78 (of 95)

Best time in course: 4:51:45

Rank in category: 19(of 24)

Best time in the category: 5:13:39

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	2:29:15	7:39	21	59:31	87	1:02:58	19.50	2:29:15	7:39	6	32:45	40	28:32
Kühude	20.50	2:31:27	7:23	19	1:00:31	80	1:03:37	40.00	5:00:42	7:31	6	1:04:08	40	56:18
Nasse Wiese	20.50	2:41:32	7:52	17	1:03:28	67	1:10:21	60.50	7:42:14	7:38	6	1:16:19	39	56:16
Finish	6.50	44:34	6:51	18	17:53	73	19:26	67.00	8:26:48	7:33	19	3:13:09	78	3:35:03