



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

**Penka, Sebastian**

Club: Lübeck  
Number: 1771

Course: 67.00 km  
67 km Lauf

Category:  
Männer

Total time: 8:39:37

Speed: 7.74 km/h  
Running performance: 7:46 min/km

Rank in course/Total: 96 (of 118)

Rank in course/Men: 81 (of 95)

Best time in course: 4:51:45

Rank in category: 5(of 6)

Best time in the category: 5:01:18

### 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	2:28:53	7:38	5	1:02:36	86	1:02:36	19.50	2:28:53	7:38	5	57:28	25	28:10
Kühude	20.50	2:32:22	7:25	5	1:03:10	82	1:04:32	40.00	5:01:15	7:31	5	1:58:06	25	56:51
Nasse Wiese	20.50	2:49:11	8:15	6	1:16:34	76	1:18:00	60.50	7:50:26	7:46	5	3:14:40	24	1:04:28
Finish	6.50	49:11	7:33	6	23:39	81	24:03	67.00	8:39:37	7:45	5	3:38:19	81	3:47:52