



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

Detailed evaluation

Mans, Pieter

Club: MarathonPlus  
Number: 1831

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M30

Total time: 9:03:40

Speed: 11.15 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 1 (of 45)

Rank in course/Men: 1 (of 44)

Best time in course: 9:03:40

Rank in category: 1(of 4)

Best time in the category: 9:03:40

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	1:44:01	5:20	1	-	5	1:43	19.50	1:44:01	5:20	1	-	34	
Kühude	20.50	1:41:29	4:57	1	-	1	-	40.00	3:25:30	5:08	1	-	34	
Rhein-Weser-Tur	17.00	1:20:59	4:45	1	-	1	-	57.00	4:46:29	5:01	1	-	34	
Kühude	17.00	1:26:48	5:06	1	-	1	-	74.00	6:13:17	5:02	1	-	33	
Nasse Wiese	20.50	2:18:41	6:45	1	-	6	15:19	94.50	8:31:58	5:25	1	-	33	
Finish	6.50	31:42	4:52	1	-	2	1:36	101.00	9:03:40	5:22	1	-	1	-