



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Hesse, Michael

Club: LT Olpe

Number: 1815

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 9:10:35

Speed: 7.30 km/h

Running performance: 8:13 min/km

Rank in course/Total: 104 (of 118)

Rank in course/Men: 86 (of 95)

Best time in course: 4:51:45

Rank in category: 16(of 16)

Best time in the category: 5:11:43

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	2:17:57	7:04	15	50:19	79	51:40	19.50	2:17:57	7:04	16	50:19	32	17:14
Kühude	20.50	2:48:43	8:13	16	1:17:39	88	1:20:53	40.00	5:06:40	7:40	16	2:07:58	32	1:02:16
Nasse Wiese	20.50	3:13:07	9:25	16	1:29:34	87	1:41:56	60.50	8:19:47	8:15	16	3:37:32	31	1:33:49
Finish	6.50	50:48	7:48	15	21:20	84	25:40	67.00	9:10:35	8:13	16	3:58:52	86	4:18:50