



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Kowalzik, Reiner

Club: Free Runner Gladbeck

Number: 1765

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 9:16:45

Speed: 7.22 km/h

Running performance: 8:19 min/km

Rank in course/Total: 106 (of 118)

Rank in course/Men: 87 (of 95)

Best time in course: 4:51:45

Rank in category: 21(of 24)

Best time in the category: 5:13:39

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	2:27:14	7:33	19	57:30	84	1:00:57	19.50	2:27:14	7:33	4	30:44	31	26:31
Kühude	20.50	2:46:56	8:08	21	1:16:00	87	1:19:06	40.00	5:14:10	7:51	4	1:17:36	31	1:09:46
Nasse Wiese	20.50	3:12:46	9:24	21	1:34:42	86	1:41:35	60.50	8:26:56	8:22	4	2:01:01	30	1:40:58
Finish	6.50	49:49	7:39	21	23:08	82	24:41	67.00	9:16:45	8:18	21	4:03:06	87	4:25:00