



**Bödefelder Hollenlauf/ -Marsch**  
Bödefeld / 19.05.2012

Detailed evaluation

**Werbonat, Jens**

Club: LG DUV  
Number: 1851

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M35

Total time: 9:28:56

Speed: 10.65 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 3 (of 45)

Rank in course/Men: 3 (of 44)

Best time in course: 9:03:40

Rank in category: 1(of 3)

Best time in the category: 9:28:56

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	1:51:48	5:44	1	-	6	9:30	19.50	1:51:48	5:44	1	-	25	
Kühude	20.50	1:49:25	5:20	1	-	6	7:56	40.00	3:41:13	5:31	1	-	25	
Rhein-Weser-Tur	17.00	1:33:56	5:31	1	-	4	12:57	57.00	5:15:09	5:31	1	-	25	
Kühude	17.00	1:37:57	5:45	1	-	3	11:09	74.00	6:53:06	5:34	1	-	24	
Nasse Wiese	20.50	2:03:22	6:01	1	-	1	-	94.50	8:56:28	5:40	1	-	24	
Finish	6.50	32:28	4:59	1	-	3	2:22	101.00	9:28:56	5:37	1	-	3	25:16