



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Gohr, Reimund

Club: Lüttringhauser- TV

Number: 1811

Course: 101.00 km

101 km Lauf

Category:

Senioren M40

Total time: 9:39:10

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 4 (of 45)

Rank in course/Men: 4 (of 44)

Best time in course: 9:03:40

Rank in category: 2(of 8)

Best time in the category: 9:25:28

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	1:43:41	5:19	1	-	2	1:23	19.50	1:43:41	5:19	3		27	
Kühude	20.50	1:42:44	5:00	2	0:06	4	1:15	40.00	3:26:25	5:09	3	0:02	19	
Rhein-Weser-Tur	17.00	1:34:16	5:32	2	2:31	5	13:17	57.00	5:00:41	5:16	3	2:33	27	
Kühude	17.00	1:47:48	6:20	2	13:25	4	21:00	74.00	6:48:29	5:31	2	15:58	25	
Nasse Wiese	20.50	2:16:40	6:39	2	0:15	4	13:18	94.50	9:05:09	5:46	2	16:13	25	
Finish	6.50	34:01	5:14	1	-	5	3:55	101.00	9:39:10	5:44	2	13:42	4	35:30