



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Baudek, Gerald

Club: ASC Marathon Friedberg

Number: 1804

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 9:45:04

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 5 (of 45)

Rank in course/Men: 5 (of 44)

Best time in course: 9:03:40

Rank in category: 1(of 10)

Best time in the category: 9:45:04

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	1:42:18	5:14	1	-	1	-	19.50	1:42:18	5:14	1	-	28	
Kühude	20.50	1:45:23	5:08	1	-	5	3:54	40.00	3:27:41	5:11	1	-	28	
Rhein-Weser-Tur	17.00	1:38:14	5:46	1	-	6	17:15	57.00	5:05:55	5:22	1	-	28	
Kühude	17.00	1:47:48	6:20	1	-	4	21:00	74.00	6:53:43	5:35	1	-	26	
Nasse Wiese	20.50	2:18:18	6:44	2	5:50	5	14:56	94.50	9:12:01	5:50	1	-	26	
Finish	6.50	33:03	5:05	1	-	4	2:57	101.00	9:45:04	5:47	1	-	5	41:24