



Bödefelder Hollenlauf/ -Marsch
 Bödefeld / 19.05.2012

Detailed evaluation

Vollenberg, Klaus

Club: ASC Schmallenberg
 Number: 1790

Course: 67.00 km
 67 km Lauf

Category:
 Senioren M65

Total time: 9:46:06

Speed: 6.86 km/h
 Running performance: 8:45 min/km

Rank in course/Total: 110 (of 118)

Rank in course/Men: 89 (of 95)

Best time in course: 4:51:45

Rank in category: 4(of 5)

Best time in the category: 6:20:41

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	2:36:45	8:02	5	51:10	89	1:10:28	19.50	2:36:45	8:02	4	51:10	29	36:02
Kühude	20.50	2:59:07	8:44	5	1:07:14	92	1:31:17	40.00	5:35:52	8:23	4	1:58:24	29	1:31:28
Nasse Wiese	20.50	3:18:29	9:40	4	1:09:49	89	1:47:18	60.50	8:54:21	8:49	4	3:08:13	28	2:08:23
Finish	6.50	51:45	7:57	4	17:12	87	26:37	67.00	9:46:06	8:44	4	3:25:25	89	4:54:21