



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Suffrian, Andreas

Club: Fintel / Lüneburger Heide

Number: 1847

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 10:49:46

Speed: 9.33 km/h

Running performance: 6:26 min/km

Rank in course/Total: 6 (of 45)

Rank in course/Men: 6 (of 44)

Best time in course: 9:03:40

Rank in category: 1(of 10)

Best time in the category: 10:49:46

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	1:58:49	6:05	1	-	12	16:31	19.50	1:58:49	6:05	1	-	30	
Kühude	20.50	2:00:06	5:51	1	-	10	18:37	40.00	3:58:55	5:58	1	-	30	
Rhein-Weser-Tur	17.00	1:48:32	6:23	2	0:09	12	27:33	57.00	5:47:27	6:05	1	-	30	
Kühude	17.00	1:53:29	6:40	1	-	7	26:41	74.00	7:40:56	6:13	1	-	27	
Nasse Wiese	20.50	2:30:25	7:20	2	9:59	11	27:03	94.50	10:11:21	6:28	1	-	27	
Finish	6.50	38:25	5:54	2	8:19	10	8:19	101.00	10:49:46	6:26	1	-	6	1:46:06