



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

Detailed evaluation

Lech, Hardy

Club: COACHING&SUPERVISION Oberhausen  
Number: 1827

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M55

Total time: 10:56:24

Speed: 9.23 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 7 (of 45)

Rank in course/Men: 7 (of 44)

Best time in course: 9:03:40

Rank in category: 1(of 8)

Best time in the category: 10:56:24

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	2:07:59	6:33	3	24:11	19	25:41	19.50	2:07:59	6:33	1	-	31	
Kühude	20.50	2:07:27	6:13	3	24:50	18	25:58	40.00	4:15:26	6:23	1	-	31	
Rhein-Weser-Tur	17.00	1:50:02	6:28	3	18:14	13	29:03	57.00	6:05:28	6:24	1	-	31	
Kühude	17.00	1:52:50	6:38	1	-	6	26:02	74.00	7:58:18	6:27	1	-	28	
Nasse Wiese	20.50	2:21:19	6:53	1	-	8	17:57	94.50	10:19:37	6:33	1	-	28	
Finish	6.50	36:47	5:39	1	-	7	6:41	101.00	10:56:24	6:29	1	-	7	1:52:44