



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Einhaus, Herbert

Club: LSV Lingen

Number: 1807

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 10:56:36

Speed: 9.23 km/h

Running performance: 6:30 min/km

Rank in course/Total: 8 (of 45)

Rank in course/Men: 8 (of 44)

Best time in course: 9:03:40

Rank in category: 2(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	2:13:03	6:49	4	14:14	24	30:45	19.50	2:13:03	6:49	2	14:14	32	
Kühude	20.50	2:06:59	6:11	3	6:53	17	25:30	40.00	4:20:02	6:30	2	21:07	32	
Rhein-Weser-Tur	17.00	1:48:23	6:22	1	-	11	27:24	57.00	6:08:25	6:27	2	20:58	32	
Kühude	17.00	1:57:39	6:55	2	4:10	10	30:51	74.00	8:06:04	6:34	2	25:08	29	
Nasse Wiese	20.50	2:20:26	6:51	1	-	7	17:04	94.50	10:26:30	6:37	2	15:09	29	
Finish	6.50	30:06	4:37	1	-	1	-	101.00	10:56:36	6:30	2	6:50	8	1:52:56