



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Jug, Toni

Club: VFL Ahaus

Number: 1820

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 10:58:51

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 9 (of 45)

Rank in course/Men: 9 (of 44)

Best time in course: 9:03:40

Rank in category: 2(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 km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men		
Nasse Wiese	19.50	1:57:15	6:00	3	14:57	10	14:57	19.50	1:57:15	6:00	3	14:57	33	
Kühude	20.50	1:57:04	5:42	2	11:41	8	15:35	40.00	3:54:19	5:51	3	26:38	33	
Rhein-Weser-Tur	17.00	1:45:18	6:11	2	7:04	9	24:19	57.00	5:39:37	5:57	3	33:42	33	
Kühude	17.00	1:56:40	6:51	2	8:52	9	29:52	74.00	7:36:17	6:09	2	42:34	30	
Nasse Wiese	20.50	2:43:52	7:59	3	31:24	17	40:30	94.50	10:20:09	6:33	2	1:08:08	30	
Finish	6.50	38:42	5:57	2	5:39	12	8:36	101.00	10:58:51	6:31	2	1:13:47	9	1:55:11