



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Riedel, Rudolf

Club: FRAJ

Number: 1842

Course: 101.00 km

101 km Lauf

Category:

Senioren M55

Total time: 10:58:51

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 10 (of 45)

Rank in course/Men: 9 (of 44)

Best time in course: 9:03:40

Rank in category: 2(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.	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	1:58:52	6:05	2	15:04	13	16:34	19.50	1:58:52	6:05	2		23	
Kühude	20.50	1:57:44	5:44	2	15:07	9	16:15	40.00	3:56:36	5:54	2		23	
Rhein-Weser-Tur	17.00	1:42:56	6:03	2	11:08	7	21:57	57.00	5:39:32	5:57	2		23	
Kühude	17.00	1:56:38	6:51	2	3:48	8	29:50	74.00	7:36:10	6:09	2		31	
Nasse Wiese	20.50	2:43:55	7:59	3	22:36	18	40:33	94.50	10:20:05	6:33	2	0:28	31	
Finish	6.50	38:46	5:57	3	1:59	13	8:40	101.00	10:58:51	6:31	2	2:27	9	1:55:11