



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

**Herbst, Jan Martin**

Club: Bielefeld

Number: 1814

Course: 101.00 km

101 km Lauf

Category:

Senioren M30

Total time: 11:01:33

Speed: 9.16 km/h

Running performance: 6:33 min/km

Rank in course/Total: 11 (of 45)

Rank in course/Men: 11 (of 44)

Best time in course: 9:03:40

Rank in category: 2(of 4)

Best time in the category: 9:03:40

### 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	1:58:12	6:03	2	14:11	11	15:54	19.50	1:58:12	6:03	2	14:11	35	
Kühude	20.50	2:02:54	5:59	2	21:25	13	21:25	40.00	4:01:06	6:01	2	35:36	35	
Rhein-Weser-Tur	17.00	1:44:13	6:07	2	23:14	8	23:14	57.00	5:45:19	6:03	2	58:50	35	
Kühude	17.00	2:07:06	7:28	2	40:18	19	40:18	74.00	7:52:25	6:23	2	1:39:08	32	
Nasse Wiese	20.50	2:30:04	7:19	2	11:23	10	26:42	94.50	10:22:29	6:35	2	1:50:31	32	
Finish	6.50	39:04	6:00	2	7:22	14	8:58	101.00	11:01:33	6:32	2	1:57:53	11	1:57:53