



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Heuel, Markus

Club: Kirchhundem
Number: 1816

Course: 101.00 km
101 km Lauf

Category:
Senioren M40

Total time: 11:08:26

Speed: 9.07 km/h
Running performance: 6:37 min/km

Rank in course/Total: 12 (of 45)

Rank in course/Men: 12 (of 44)

Best time in course: 9:03:40

Rank in category: 3(of 8)

Best time in the category: 9:25:28

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	1:56:57	5:59	3	13:16	9	14:39	19.50	1:56:57	5:59	4	13:12	36		
Kühude	20.50	2:00:24	5:52	3	17:46	11	18:55	40.00	3:57:21	5:56	4	30:58	36		
Rhein-Weser-Tur	17.00	1:50:09	6:28	3	18:24	14	29:10	57.00	5:47:30	6:05	4	49:22	36		
Kühude	17.00	2:00:28	7:05	5	26:05	15	33:40	74.00	7:47:58	6:19	3	1:15:27	22		
Nasse Wiese	20.50	2:39:52	7:47	5	23:27	15	36:30	94.50	10:27:50	6:38	3	1:38:54	22		
Finish	6.50	40:36	6:14	5	6:35	18	10:30	101.00	11:08:26	6:37	3	1:42:58	12	2:04:46	