



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Wantier, Dirk

Club: Team Erdinger Alkoholfrei

Number: 1849

Course: 101.00 km

101 km Lauf

Category:

Senioren M35

Total time: 11:22:58

Speed: 8.87 km/h

Running performance: 6:46 min/km

Rank in course/Total: 13 (of 45)

Rank in course/Men: 13 (of 44)

Best time in course: 9:03:40

Rank in category: 2(of 3)

Best time in the category: 9:28:56

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	2:12:27	6:47	3	20:39	23	30:09	19.50	2:12:27	6:47	2	20:39	37	
Kühude	20.50	2:06:04	6:08	3	16:39	16	24:35	40.00	4:18:31	6:27	2	37:18	37	
Rhein-Weser-Tur	17.00	1:52:34	6:37	3	18:38	15	31:35	57.00	6:11:05	6:30	2	55:56	37	
Kühude	17.00	1:59:32	7:01	2	21:35	13	32:44	74.00	8:10:37	6:37	2	1:17:31	34	
Nasse Wiese	20.50	2:33:48	7:30	2	30:26	12	30:26	94.50	10:44:25	6:49	2	1:47:57	34	
Finish	6.50	38:33	5:55	2	6:05	11	8:27	101.00	11:22:58	6:45	2	1:54:02	13	2:19:18