



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Kus, Darius

Club: Bottroper Laufjunge

Number: 1826

Course: 101.00 km

101 km Lauf

Category:

Senioren M35

Total time: 11:26:18

Speed: 8.83 km/h

Running performance: 6:48 min/km

Rank in course/Total: 14 (of 45)

Rank in course/Men: 14 (of 44)

Best time in course: 9:03:40

Rank in category: 3(of 3)

Best time in the category: 9:28:56

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	1:52:10	5:45	2	0:22	7	9:52	19.50	1:52:10	5:45	3	0:22	38	
Kühude	20.50	1:51:08	5:25	2	1:43	7	9:39	40.00	3:43:18	5:34	3	2:05	38	
Rhein-Weser-Tur	17.00	1:45:55	6:13	2	11:59	10	24:56	57.00	5:29:13	5:46	3	14:04	38	
Kühude	17.00	2:02:20	7:11	3	24:23	16	35:32	74.00	7:31:33	6:06	3	38:27	35	
Nasse Wiese	20.50	3:12:48	9:24	3	1:09:26	39	1:09:26	94.50	10:44:21	6:49	3	1:47:53	35	
Finish	6.50	41:57	6:27	3	9:29	21	11:51	101.00	11:26:18	6:47	3	1:57:22	14	2:22:38