



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Ahlers, Manfred

Club: Tri-Cops Warstein

Number: 1801

Course: 101.00 km

101 km Lauf

Category:

Senioren M40

Total time: 11:28:23

Speed: 8.80 km/h

Running performance: 6:49 min/km

Rank in course/Total: 15 (of 45)

Rank in course/Men: 15 (of 44)

Best time in course: 9:03:40

Rank in category: 4(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	2:05:03	6:24	4	21:22	15	22:45	19.50	2:05:03	6:24	5	21:18	39	
Kühude	20.50	2:13:22	6:30	4	30:44	21	31:53	40.00	4:18:25	6:27	5	52:02	39	
Rhein-Weser-Tur	17.00	1:52:38	6:37	4	20:53	16	31:39	57.00	6:11:03	6:30	5	1:12:55	39	
Kühude	17.00	1:59:38	7:02	4	25:15	14	32:50	74.00	8:10:41	6:37	4	1:38:10	36	
Nasse Wiese	20.50	2:38:07	7:42	4	21:42	13	34:45	94.50	10:48:48	6:51	4	1:59:52	36	
Finish	6.50	39:35	6:05	4	5:34	15	9:29	101.00	11:28:23	6:48	4	2:02:55	15	2:24:43