



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Jaich, Marcus

Club: Mannheim
Number: 1819

Course: 101.00 km
101 km Lauf

Category:
Senioren M40

Total time: 11:28:56

Speed: 8.80 km/h
Running performance: 6:49 min/km

Rank in course/Total: 16 (of 45)

Rank in course/Men: 16 (of 44)

Best time in course: 9:03:40

Rank in category: 5(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	2:14:33	6:54	6	30:52	27	32:15	19.50	2:14:33	6:54	6	30:48	40	
Kühude	20.50	2:14:51	6:34	5	32:13	23	33:22	40.00	4:29:24	6:44	6	1:03:01	40	
Rhein-Weser-Tur	17.00	1:55:56	6:49	5	24:11	21	34:57	57.00	6:25:20	6:45	6	1:27:12	40	
Kühude	17.00	1:58:28	6:58	3	24:05	12	31:40	74.00	8:23:48	6:48	5	1:51:17	37	
Nasse Wiese	20.50	2:27:01	7:10	3	10:36	9	23:39	94.50	10:50:49	6:53	5	2:01:53	37	
Finish	6.50	38:07	5:51	3	4:06	9	8:01	101.00	11:28:56	6:49	5	2:03:28	16	2:25:16