



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

Detailed evaluation

Lohrke, Ralf

Club: Werne  
Number: 1858

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M45

Total time: 11:43:32

Speed: 8.61 km/h  
Running performance: 6:58 min/km

Rank in course/Total: 17 (of 45)

Rank in course/Men: 17 (of 44)

Best time in course: 9:03:40

Rank in category: 3(of 10)

Best time in the category: 9:45:04

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	1:55:19	5:54	2	13:01	8	13:01	19.50	1:55:19	5:54	4	13:01	41		
Kühude	20.50	2:02:11	5:57	3	16:48	12	20:42	40.00	3:57:30	5:56	4	29:49	41		
Rhein-Weser-Tur	17.00	1:53:32	6:40	3	15:18	17	32:33	57.00	5:51:02	6:09	4	45:07	41		
Kühude	17.00	2:03:42	7:16	3	15:54	17	36:54	74.00	7:54:44	6:24	3	1:01:01	38		
Nasse Wiese	20.50	2:54:25	8:30	5	41:57	21	51:03	94.50	10:49:09	6:52	3	1:37:08	38		
Finish	6.50	54:23	8:22	7	21:20	35	24:17	101.00	11:43:32	6:57	3	1:58:28	17	2:39:52	