



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 |