



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

Ziehm, Udo

Club: Potsdam

Number: 1853

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 12:02:21

Speed: 8.39 km/h

Running performance: 7:09 min/km

Rank in course/Total: 20 (of 45)

Rank in course/Men: 20 (of 44)

Best time in course: 9:03:40

Rank in category: 4(of 10)

Best time in the category: 10:49:46

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:05:07	6:24	2	6:18	16	22:49	19.50	2:05:07	6:24	4	6:18	44	
Kühude	20.50	2:05:11	6:06	2	5:05	15	23:42	40.00	4:10:18	6:15	4	11:23	44	
Rhein-Weser-Tur	17.00	1:58:13	6:57	4	9:50	23	37:14	57.00	6:08:31	6:27	4	21:04	44	
Kühude	17.00	2:17:24	8:04	6	23:55	29	50:36	74.00	8:25:55	6:50	4	44:59	41	
Nasse Wiese	20.50	2:54:41	8:31	5	34:15	22	51:19	94.50	11:20:36	7:12	4	1:09:15	41	
Finish	6.50	41:45	6:25	3	11:39	20	11:39	101.00	12:02:21	7:09	4	1:12:35	20	2:58:41