



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Balzk, Harald

Club: Die Orientierungslosen
Number: 1803

Course: 101.00 km
101 km Lauf

Category:
Senioren M55

Total time: 12:15:16

Speed: 8.24 km/h
Running performance: 7:17 min/km

Rank in course/Total: 21 (of 45)

Rank in course/Men: 21 (of 44)

Best time in course: 9:03:40

Rank in category: 3(of 8)

Best time in the category: 10:56:24

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	2:31:48	7:47	8	48:00	44	49:30	19.50	2:31:48	7:47	3	23:49	12	16:04
Kühude	20.50	2:22:04	6:55	5	39:27	32	40:35	40.00	4:53:52	7:20	3	38:26	12	20:12
Rhein-Weser-Tur	17.00	2:07:36	7:30	5	35:48	27	46:37	57.00	7:01:28	7:23	3	56:00	12	10:11
Kühude	17.00	1:58:10	6:57	3	5:20	11	31:22	74.00	8:59:38	7:17	3	1:01:20	42	
Nasse Wiese	20.50	2:38:13	7:43	2	16:54	14	34:51	94.50	11:37:51	7:23	3	1:18:14	42	
Finish	6.50	37:25	5:45	2	0:38	8	7:19	101.00	12:15:16	7:16	3	1:18:52	21	3:11:36