



**Bödefelder Hollenlauf/ -Marsch**  
Bödefeld / 19.05.2012

Detailed evaluation

**Nolte, Frank**

Club: Schattenläufer Nörten  
Number: 1837

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M45

Total time: 12:17:34

Speed: 8.22 km/h  
Running performance: 7:18 min/km

Rank in course/Total: 22 (of 45)

Rank in course/Men: 22 (of 44)

Best time in course: 9:03:40

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:16:10	6:58	7	33:52	31	33:52	19.50	2:16:10	6:58	6	33:52	2	0:26
Kühude	20.50	2:17:30	6:42	7	32:07	25	36:01	40.00	4:33:40	6:50	6	1:05:59	1	-
Rhein-Weser-Tur	17.00	1:57:18	6:53	5	19:04	22	36:19	57.00	6:30:58	6:51	6	1:25:03	2	
Kühude	17.00	2:07:48	7:31	4	20:00	20	41:00	74.00	8:38:46	7:00	5	1:45:03	12	
Nasse Wiese	20.50	2:59:11	8:44	6	46:43	27	55:49	94.50	11:37:57	7:23	5	2:25:56	12	
Finish	6.50	39:37	6:05	3	6:34	16	9:31	101.00	12:17:34	7:18	5	2:32:30	22	3:13:54