



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

Detailed evaluation

Trzetzziak, Marcel

Club: Scarabäus Hoher Fläming e.V.  
Number: 1848

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M30

Total time: 12:21:29

Speed: 8.17 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 23 (of 45)

Rank in course/Men: 23 (of 44)

Best time in course: 9:03:40

Rank in category: 3(of 4)

Best time in the category: 9:03:40

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	2:05:35	6:26	3	21:34	18	23:17	19.50	2:05:35	6:26	3	21:34	3	
Kühude	20.50	2:11:14	6:24	3	29:45	20	29:45	40.00	4:16:49	6:25	3	51:19	3	
Rhein-Weser-Tur	17.00	1:55:30	6:47	3	34:31	19	34:31	57.00	6:12:19	6:31	3	1:25:50	3	
Kühude	17.00	2:09:43	7:37	3	42:55	22	42:55	74.00	8:22:02	6:47	3	2:08:45	2	
Nasse Wiese	20.50	3:07:08	9:07	4	48:27	33	1:03:46	94.50	11:29:10	7:17	3	2:57:12	2	
Finish	6.50	52:19	8:02	3	20:37	34	22:13	101.00	12:21:29	7:20	3	3:17:49	23	3:17:49