



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

Detailed evaluation

Hackenthal, Matthias

Club: Berlin  
Number: 1813

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M45

Total time: 12:27:43

Speed: 8.10 km/h  
Running performance: 7:24 min/km

Rank in course/Total: 24 (of 45)

Rank in course/Men: 24 (of 44)

Best time in course: 9:03:40

Rank in category: 6(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	2:10:51	6:42	6	28:33	22	28:33	19.50	2:10:51	6:42	7	28:33	4	
Kühude	20.50	2:14:30	6:33	5	29:07	22	33:01	40.00	4:25:21	6:38	7	57:40	4	
Rhein-Weser-Tur	17.00	2:04:04	7:17	6	25:50	24	43:05	57.00	6:29:25	6:49	7	1:23:30	4	
Kühude	17.00	2:11:43	7:44	5	23:55	23	44:55	74.00	8:41:08	7:02	6	1:47:25	3	
Nasse Wiese	20.50	3:02:45	8:54	7	50:17	30	59:23	94.50	11:43:53	7:26	6	2:31:52	3	
Finish	6.50	43:50	6:44	5	10:47	23	13:44	101.00	12:27:43	7:24	6	2:42:39	24	3:24:03