



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Schürmann, Rolf-Bernd

Club: WAT Läufer

Number: 1856

Course: 101.00 km

101 km Lauf

Category:

Senioren M40

Total time: 12:42:01

Speed: 7.95 km/h

Running performance: 7:32 min/km

Rank in course/Total: 26 (of 45)

Rank in course/Men: 25 (of 44)

Best time in course: 9:03:40

Rank in category: 6(of 8)

Best time in the category: 9:25:28

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	2:13:22	6:50	5	29:41	26	31:04	19.50	2:13:22	6:50	7	29:37	5	
Kühude	20.50	2:20:14	6:50	7	37:36	29	38:45	40.00	4:33:36	6:50	7	1:07:13	5	
Rhein-Weser-Tur	17.00	2:12:00	7:45	6	40:15	33	51:01	57.00	6:45:36	7:06	7	1:47:28	5	
Kühude	17.00	2:14:54	7:56	6	40:31	27	48:06	74.00	9:00:30	7:18	6	2:27:59	4	
Nasse Wiese	20.50	2:55:19	8:33	6	38:54	25	51:57	94.50	11:55:49	7:34	6	3:06:53	4	
Finish	6.50	46:12	7:06	6	12:11	26	16:06	101.00	12:42:01	7:32	6	3:16:33	25	3:38:21