



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Niemann, Detlev

Club: BTC Herne

Number: 1836

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 12:42:01

Speed: 7.95 km/h

Running performance: 7:32 min/km

Rank in course/Total: 27 (of 45)

Rank in course/Men: 25 (of 44)

Best time in course: 9:03:40

Rank in category: 5(of 10)

Best time in the category: 10:49:46

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	2:13:20	6:50	5	14:31	25	31:02	19.50	2:13:20	6:50	5	14:31	6	
Kühude	20.50	2:20:08	6:50	5	20:02	28	38:39	40.00	4:33:28	6:50	5	34:33	6	
Rhein-Weser-Tur	17.00	2:12:05	7:46	7	23:42	34	51:06	57.00	6:45:33	7:06	5	58:06	6	
Kühude	17.00	2:14:52	7:56	5	21:23	26	48:04	74.00	9:00:25	7:18	5	1:19:29	5	
Nasse Wiese	20.50	2:55:18	8:33	6	34:52	24	51:56	94.50	11:55:43	7:34	5	1:44:22	5	
Finish	6.50	46:18	7:07	6	16:12	27	16:12	101.00	12:42:01	7:32	5	1:52:15	25	3:38:21