



Bödefelder Hollenlauf/ -Marsch
 Bödefeld / 19.05.2012

Detailed evaluation

Meinhold, Günter

Club: Stolpertrupp Ihmert
 Number: 1833

Course: 101.00 km
 101 km Lauf

Category:
 Senioren M60

Total time: 12:47:44

Speed: 7.89 km/h
 Running performance: 7:36 min/km

Rank in course/Total: 29 (of 45)

Rank in course/Men: 28 (of 44)

Best time in course: 9:03:40

Rank in category: 1(of 1)

Best time in the category: 12:47:44

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	2:26:05	7:29	1	-	40	43:47	19.50	2:26:05	7:29	1	-	8	10:21
Kühude	20.50	2:26:27	7:08	1	-	39	44:58	40.00	4:52:32	7:18	1	-	8	18:52
Rhein-Weser-Tur	17.00	2:10:20	7:40	1	-	32	49:21	57.00	7:02:52	7:25	1	-	8	11:35
Kühude	17.00	2:05:41	7:23	1	-	18	38:53	74.00	9:08:33	7:24	1	-	7	
Nasse Wiese	20.50	2:54:51	8:31	1	-	23	51:29	94.50	12:03:24	7:39	1	-	7	
Finish	6.50	44:20	6:49	1	-	24	14:14	101.00	12:47:44	7:36	1	-	28	3:44:04