



**Bödefelder Hollenlauf/ -Marsch**  
Bödefeld / 19.05.2012

Detailed evaluation

**Paczkowski, Dirk**

Club: Marathon Soest e. V.  
Number: 1838

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M50

Total time: 12:50:34

Speed: 7.86 km/h  
Running performance: 7:38 min/km

Rank in course/Total: 30 (of 45)

Rank in course/Men: 29 (of 44)

Best time in course: 9:03:40

Rank in category: 6(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	2:25:20	7:27	9	26:31	39	43:02	19.50	2:25:20	7:27	6	26:31	9	9:36
Kühude	20.50	2:29:43	7:18	9	29:37	40	48:14	40.00	4:55:03	7:22	6	56:08	9	21:23
Rhein-Weser-Tur	17.00	2:09:31	7:37	6	21:08	30	48:32	57.00	7:04:34	7:26	6	1:17:07	9	13:17
Kühude	17.00	2:13:45	7:52	4	20:16	25	46:57	74.00	9:18:19	7:32	6	1:37:23	8	9:32
Nasse Wiese	20.50	2:46:25	8:07	4	25:59	19	43:03	94.50	12:04:44	7:40	6	1:53:23	8	
Finish	6.50	45:50	7:03	5	15:44	25	15:44	101.00	12:50:34	7:37	6	2:00:48	29	3:46:54