



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

Detailed evaluation

**Rauch, Wolfgang**

Club: Sg Nußloch  
 Number: 1840

Course: 101.00 km  
 101 km Lauf

Category:  
 Senioren M45

Total time: 13:02:55

Speed: 7.74 km/h  
 Running performance: 7:45 min/km

Rank in course/Total: 31 (of 45)

Rank in course/Men: 30 (of 44)

Best time in course: 9:03:40

Rank in category: 7(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	2:16:15	6:59	8	33:57	32	33:57	19.50	2:16:15	6:59	8	33:57	10	0:31
Kühude	20.50	2:17:29	6:42	6	32:06	24	36:00	40.00	4:33:44	6:50	8	1:06:03	10	0:04
Rhein-Weser-Tur	17.00	2:05:17	7:22	7	27:03	25	44:18	57.00	6:39:01	7:00	8	1:33:06	10	
Kühude	17.00	2:21:58	8:21	8	34:10	32	55:10	74.00	9:00:59	7:18	7	2:07:16	9	
Nasse Wiese	20.50	3:10:30	9:17	9	58:02	37	1:07:08	94.50	12:11:29	7:44	7	2:59:28	9	0:22
Finish	6.50	51:26	7:54	6	18:23	29	21:20	101.00	13:02:55	7:45	7	3:17:51	30	3:59:15