



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Nicklaus, Ulrich

Club: KLB2000
Number: 1835

Course: 101.00 km
101 km Lauf

Category:
Senioren M55

Total time: 13:08:20

Speed: 7.69 km/h
Running performance: 7:49 min/km

Rank in course/Total: 32 (of 45)

Rank in course/Men: 31 (of 44)

Best time in course: 9:03:40

Rank in category: 5(of 8)

Best time in the category: 10:56:24

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	2:20:44	7:13	5	36:56	33	38:26	19.50	2:20:44	7:13	5	12:45	11	5:00
Kühude	20.50	2:26:07	7:07	6	43:30	38	44:38	40.00	4:46:51	7:10	5	31:25	11	13:11
Rhein-Weser-Tur	17.00	2:09:55	7:38	6	38:07	31	48:56	57.00	6:56:46	7:18	5	51:18	11	5:29
Kühude	17.00	2:22:16	8:22	5	29:26	34	55:28	74.00	9:19:02	7:33	5	1:20:44	10	10:15
Nasse Wiese	20.50	2:57:23	8:39	4	36:04	26	54:01	94.50	12:16:25	7:47	5	1:56:48	10	5:18
Finish	6.50	51:55	7:59	5	15:08	30	21:49	101.00	13:08:20	7:48	5	2:11:56	31	4:04:40