



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Weiß, Wilfried

Club: marathon steinfurt

Number: 1780

Course: 101.00 km

101 km Lauf

Category:

Senioren M40

Total time: 13:09:50

Speed: 7.67 km/h

Running performance: 7:49 min/km

Rank in course/Total: 33 (of 45)

Rank in course/Men: 32 (of 44)

Best time in course: 9:03:40

Rank in category: 7(of 8)

Best time in the category: 9:25:28

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	2:15:44	6:57	7	32:03	28	33:26	19.50	2:15:44	6:57	8	31:59	1	-
Kühude	20.50	2:17:56	6:43	6	35:18	27	36:27	40.00	4:33:40	6:50	8	1:07:17	1	-
Rhein-Weser-Tur	17.00	2:17:37	8:05	7	45:52	40	56:38	57.00	6:51:17	7:12	8	1:53:09	1	-
Kühude	17.00	2:17:12	8:04	7	42:49	28	50:24	74.00	9:08:29	7:24	7	2:35:58	11	
Nasse Wiese	20.50	3:02:33	8:54	7	46:08	29	59:11	94.50	12:11:02	7:44	7	3:22:06	11	
Finish	6.50	58:48	9:02	7	24:47	37	28:42	101.00	13:09:50	7:49	7	3:44:22	32	4:06:10