



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Haverkamp, Andreas

Club: LG DUV

Number: 1760

Course: 101.00 km

101 km Lauf

Category:

Senioren M30

Total time: 13:09:51

Speed: 7.67 km/h

Running performance: 7:49 min/km

Rank in course/Total: 34 (of 45)

Rank in course/Men: 33 (of 44)

Best time in course: 9:03:40

Rank in category: 4(of 4)

Best time in the category: 9:03:40

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	2:15:49	6:57	4	31:48	30	33:31	19.50	2:15:49	6:57	4	31:48	13	0:05
Kühude	20.50	2:20:39	6:51	4	39:10	30	39:10	40.00	4:36:28	6:54	4	1:10:58	13	2:48
Rhein-Weser-Tur	17.00	2:12:31	7:47	4	51:32	39	51:32	57.00	6:48:59	7:10	4	2:02:30	13	
Kühude	17.00	2:19:48	8:13	4	53:00	31	53:00	74.00	9:08:47	7:24	4	2:55:30	1	-
Nasse Wiese	20.50	3:02:20	8:53	3	43:39	28	58:58	94.50	12:11:07	7:44	4	3:39:09	1	-
Finish	6.50	58:44	9:02	4	27:02	36	28:38	101.00	13:09:51	7:49	4	4:06:11	33	4:06:11