



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

Loy, Thomas

Club: RSV Sugenheim

Number: 1829

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 13:24:43

Speed: 7.53 km/h

Running performance: 7:58 min/km

Rank in course/Total: 35 (of 45)

Rank in course/Men: 34 (of 44)

Best time in course: 9:03:40

Rank in category: 8(of 10)

Best time in the category: 9:45:04

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               |                 | Total ranking |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat.   | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Nasse Wiese     | 19.50       | 2:10:36       | 6:41            | 5           | 28:18          | 21          | 28:18         | 19.50       | 2:10:36       | 6:41            | 9             | 28:18          | 14         |               |
| Kühude          | 20.50       | 2:17:34       | 6:42            | 8           | 32:11          | 26          | 36:05         | 40.00       | 4:28:10       | 6:42            | 9             | 1:00:29        | 14         |               |
| Rhein-Weser-Tur | 17.00       | 2:12:16       | 7:46            | 9           | 34:02          | 35          | 51:17         | 57.00       | 6:40:26       | 7:01            | 9             | 1:34:31        | 14         |               |
| Kühude          | 17.00       | 2:18:40       | 8:09            | 7           | 30:52          | 30          | 51:52         | 74.00       | 8:59:06       | 7:17            | 8             | 2:05:23        | 13         |               |
| Nasse Wiese     | 20.50       | 3:25:48       | 10:02           | 10          | 1:13:20        | 40          | 1:22:26       | 94.50       | 12:24:54      | 7:52            | 8             | 3:12:53        | 13         | 13:47         |
| Finish          | 6.50        | 59:49         | 9:12            | 9           | 26:46          | 41          | 29:43         | 101.00      | 13:24:43      | 7:58            | 8             | 3:39:39        | 34         | 4:21:03       |