



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Schmitz, Henning

Club: LC Duisburg

Number: 1845

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 13:33:42

Speed: 7.45 km/h

Running performance: 8:04 min/km

Rank in course/Total: 37 (of 45)

Rank in course/Men: 36 (of 44)

Best time in course: 9:03:40

Rank in category: 8(of 10)

Best time in the category: 10:49:46

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	2:21:30	7:15	8	22:41	37	39:12	19.50	2:21:30	7:15	8	22:41	16	5:46
Kühude	20.50	2:24:08	7:01	6	24:02	34	42:39	40.00	4:45:38	7:08	8	46:43	16	11:58
Rhein-Weser-Tur	17.00	2:12:27	7:47	9	24:04	37	51:28	57.00	6:58:05	7:20	8	1:10:38	16	6:48
Kühude	17.00	2:26:26	8:36	7	32:57	35	59:38	74.00	9:24:31	7:37	8	1:43:35	15	15:44
Nasse Wiese	20.50	3:09:27	9:14	8	49:01	36	1:06:05	94.50	12:33:58	7:58	8	2:22:37	15	22:51
Finish	6.50	59:44	9:11	9	29:38	39	29:38	101.00	13:33:42	8:03	8	2:43:56	36	4:30:02