



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Schwalbach, Peter

Club: BSG-Duisburger Verkehrs AG
Number: 1846

Course: 101.00 km
101 km Lauf

Category:
Senioren M45

Total time: 13:33:43

Speed: 7.45 km/h
Running performance: 8:04 min/km

Rank in course/Total: 38 (of 45)

Rank in course/Men: 37 (of 44)

Best time in course: 9:03:40

Rank in category: 9(of 10)

Best time in the category: 9:45:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:22:35	7:18	10	40:17	38	40:17	19.50	2:22:35	7:18	10	40:17	17	6:51
Kühude	20.50	2:23:11	6:59	9	37:48	33	41:42	40.00	4:45:46	7:08	10	1:18:05	17	12:06
Rhein-Weser-Tur	17.00	2:08:55	7:34	8	30:41	29	47:56	57.00	6:54:41	7:16	10	1:48:46	17	3:24
Kühude	17.00	2:32:19	8:57	10	44:31	38	1:05:31	74.00	9:27:00	7:39	9	2:33:17	16	18:13
Nasse Wiese	20.50	3:07:00	9:07	8	54:32	32	1:03:38	94.50	12:34:00	7:58	9	3:21:59	16	22:53
Finish	6.50	59:43	9:11	8	26:40	38	29:37	101.00	13:33:43	8:03	9	3:48:39	37	4:30:03