



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Van Munster, Gerrit

Club: LG Hückeswagen
Number: 1855

Course: 101.00 km
101 km Lauf

Category:
Senioren M55

Total time: 13:33:43

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

Rank in course/Total: 40 (of 45)

Rank in course/Men: 37 (of 44)

Best time in course: 9:03:40

Rank in category: 6(of 8)

Best time in the category: 10:56:24

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	1:43:48	5:19	1	-	4	1:30	19.50	1:43:48	5:19	6		19	
Kühude	20.50	1:42:37	5:00	1	-	2	1:08	40.00	3:26:25	5:09	6		19	
Rhein-Weser-Tur	17.00	1:31:48	5:23	1	-	3	10:49	57.00	4:58:13	5:13	6		19	
Kühude	17.00	4:26:27	15:40	8	2:33:37	43	2:59:39	74.00	9:24:40	7:37	6	1:26:22	18	15:53
Nasse Wiese	20.50	3:09:16	9:13	6	47:57	34	1:05:54	94.50	12:33:56	7:58	6	2:14:19	18	22:49
Finish	6.50	59:47	9:11	8	23:00	40	29:41	101.00	13:33:43	8:03	6	2:37:19	37	4:30:03