



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Fels, Manfred

Club: Lauffreunde Emsland

Number: 1808

Course: 101.00 km

101 km Lauf

Category:

Senioren M55

Total time: 14:41:27

Speed: 6.88 km/h

Running performance: 8:44 min/km

Rank in course/Total: 41 (of 45)

Rank in course/Men: 40 (of 44)

Best time in course: 9:03:40

Rank in category: 7(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:28:41	7:37	6	44:53	41	46:23	19.50	2:28:41	7:37	7	20:42	20	12:57
Kühude	20.50	2:32:15	7:25	8	49:38	42	50:46	40.00	5:00:56	7:31	7	45:30	20	27:16
Rhein-Weser-Tur	17.00	2:28:02	8:42	7	56:14	42	1:07:03	57.00	7:28:58	7:52	7	1:23:30	20	37:41
Kühude	17.00	2:53:14	10:11	7	1:00:24	42	1:26:26	74.00	10:22:12	8:24	7	2:23:54	19	1:13:25
Nasse Wiese	20.50	3:26:58	10:05	8	1:05:39	42	1:23:36	94.50	13:49:10	8:46	7	3:29:33	19	1:38:03
Finish	6.50	52:17	8:02	7	15:30	33	22:11	101.00	14:41:27	8:43	7	3:45:03	40	5:37:47