



Bödefelder Hollenlauf/ -Marsch
 Bödefeld / 19.05.2012

Detailed evaluation

Witt, Werner

Club: SV Dickenberg
 Number: 1782

Course: 101.00 km
 101 km Lauf

Category:
 Senioren M50

Total time: 14:41:27

Speed: 6.88 km/h
 Running performance: 8:44 min/km

Rank in course/Total: 42 (of 45)

Rank in course/Men: 40 (of 44)

Best time in course: 9:03:40

Rank in category: 10(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.	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	2:28:43	7:37	10	29:54	42	46:25	19.50	2:28:43	7:37	10	29:54	21	12:59
Kühude	20.50	2:32:17	7:25	10	32:11	43	50:48	40.00	5:01:00	7:31	10	1:02:05	21	27:20
Rhein-Weser-Tur	17.00	2:28:17	8:43	10	39:54	43	1:07:18	57.00	7:29:17	7:52	10	1:41:50	21	38:00
Kühude	17.00	2:52:23	10:08	10	58:54	40	1:25:35	74.00	10:21:40	8:24	10	2:40:44	20	1:12:53
Nasse Wiese	20.50	3:27:37	10:07	10	1:07:11	43	1:24:15	94.50	13:49:17	8:46	10	3:37:56	20	1:38:10
Finish	6.50	52:10	8:01	8	22:04	31	22:04	101.00	14:41:27	8:43	10	3:51:41	40	5:37:47