



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

**Kortyka, Joachim**

Club: 100 Marathon Club

Number: 1824

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: 43 (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	2:30:43	7:43	7	46:55	43	48:25	19.50	2:30:43	7:43	8	22:44	22	14:59
Kühude	20.50	2:30:05	7:19	7	47:28	41	48:36	40.00	5:00:48	7:31	8	45:22	22	27:08
Rhein-Weser-Tur	17.00	2:28:17	8:43	8	56:29	43	1:07:18	57.00	7:29:05	7:52	8	1:23:37	22	37:48
Kühude	17.00	2:53:10	10:11	6	1:00:20	41	1:26:22	74.00	10:22:15	8:24	8	2:23:57	21	1:13:28
Nasse Wiese	20.50	3:26:57	10:05	7	1:05:38	41	1:23:35	94.50	13:49:12	8:46	8	3:29:35	21	1:38:05
Finish	6.50	52:15	8:02	6	15:28	32	22:09	101.00	14:41:27	8:43	7	3:45:03	40	5:37:47