



Bödefelder Hollenlauf/ -Marsch
 Bödefeld / 19.05.2012

Detailed evaluation

Koch, Rainer

Club: LG Würzburg
 Number: 1332

Course: 67.00 km
 67 km Lauf

Category:
 Männer

Total time: 5:01:18

Speed: 13.34 km/h
 Running performance: 4:30 min/km

Rank in course/Total: 3 (of 118)

Rank in course/Men: 3 (of 95)

Best time in course: 4:51:45

Rank in category: 1(of 6)

Best time in the category: 5:01:18

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	1:31:25	4:41	2	5:08	9	5:08	19.50	1:31:25	4:41	1	-	69	
Kühude	20.50	1:31:44	4:28	2	2:32	6	3:54	40.00	3:03:09	4:34	1	-	69	
Nasse Wiese	20.50	1:32:37	4:31	1	-	2	1:26	60.50	4:35:46	4:33	1	-	68	
Finish	6.50	25:32	3:55	1	-	2	0:24	67.00	5:01:18	4:29	1	-	3	9:33