



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Diephuis, Henk

Club: Dutch Runners
Number: 1755

Course: 67.00 km
67 km DUV-DM

Category:
Senioren M65

Total time: 10:18:05

Speed: 6.50 km/h
Running performance: 9:14 min/km

Rank in course/Total: 113 (of 118)

Rank in course/Men: 91 (of 95)

Best time in course: 4:51:45

Rank in category: 5(of 5)

Best time in the category: 6:20:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	2:24:51	7:25	3	39:16	81	58:34	19.50	2:24:51	7:25	5	39:16	27	24:08
Kühude	20.50	2:55:37	8:33	4	1:03:44	91	1:27:47	40.00	5:20:28	8:00	5	1:43:00	27	1:16:04
Nasse Wiese	20.50	3:48:24	11:08	5	1:39:44	95	3:48:24	60.50	9:08:52	9:04	5	3:22:44	26	2:22:54
Finish	6.50	1:09:13	10:38	5	34:40	92	44:05	67.00	10:18:05	9:13	5	3:57:24	91	5:26:20