



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Tuna, Manuel

Club: TSG Helberhausen

Number: 1379

Course: 67.00 km

67 km DUV-DM

Category:

Senioren M45

Total time: 5:29:11

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 10 (of 118)

Rank in course/Men: 10 (of 95)

Best time in course: 4:51:45

Rank in category: 4(of 24)

Best time in the category: 5:13:39

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	1:31:05	4:40	3	1:21	8	4:48	19.50	1:31:05	4:40	21			62
Kühude	20.50	1:37:30	4:45	3	6:34	9	9:40	40.00	3:08:35	4:42	21			62
Nasse Wiese	20.50	1:51:26	5:26	7	1:51:26	13	1:51:26	60.50	5:00:01	4:57	21			61
Finish	6.50	29:10	4:29	4	2:29	12	4:02	67.00	5:29:11	4:54	4	15:32	10	37:26