



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Stapelbroek, Dieter

Club: DJK Coesfeld

Number: 1373

Course: 67.00 km

67 km DUV-DM

Category:

Senioren M45

Total time: 7:51:59

Speed: 8.52 km/h

Running performance: 7:02 min/km

Rank in course/Total: 75 (of 118)

Rank in course/Men: 65 (of 95)

Best time in course: 4:51:45

Rank in category: 17(of 24)

Best time in the category: 5:13:39

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	2:02:24	6:16	14	32:40	56	36:07	19.50	2:02:24	6:16	8	5:54	6	1:41
Kühude	20.50	2:22:08	6:55	17	51:12	73	54:18	40.00	4:24:32	6:36	8	27:58	6	20:08
Nasse Wiese	20.50	2:42:33	7:55	21	2:42:33	74	2:42:33	60.50	7:07:05	7:03	8	41:10	6	21:07
Finish	6.50	44:54	6:54	20	18:13	75	19:46	67.00	7:51:59	7:02	17	2:38:20	65	3:00:14