



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Germing, Martin

Club: Lauffreunde Emsland

Number: 1758

Course: 67.00 km

67 km DUV-DM

Category:

Senioren M45

Total time: 8:26:48

Speed: 7.93 km/h

Running performance: 7:34 min/km

Rank in course/Total: 93 (of 118)

Rank in course/Men: 78 (of 95)

Best time in course: 4:51:45

Rank in category: 19(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Nasse Wiese	19.50	2:28:35	7:37	20	58:51	85	1:02:18	19.50	2:28:35	7:37	5	32:05	39	27:52
Kühude	20.50	2:31:30	7:23	20	1:00:34	82	1:03:40	40.00	5:00:05	7:30	5	1:03:31	39	55:41
Nasse Wiese	20.50	2:42:06	7:54	19	2:42:06	72	2:42:06	60.50	7:42:11	7:38	5	1:16:16	38	56:13
Finish	6.50	44:37	6:51	19	17:56	74	19:29	67.00	8:26:48	7:33	19	3:13:09	78	3:35:03