



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Kiene, Michael

Club: MSF-Moringen

Number: 771

Course: 42.00 km

42 km Lauf

Category:

Männer M40

Total time: 3:40:13

Speed: 11.44 km/h

Running performance: 5:14 min/km

Rank in course/Total: 1 (of 36)

Rank in course/Men: 1 (of 30)

Best time in course: 3:40:13

Rank in category: 1(of 4)

Best time in the category: 3:40:13

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	1:35:52	4:54	1	-	1	-	19.50	1:35:52	4:54	1	-	16	
Obersorpe	6.50	39:29	6:04	1	-	1	-	26.00	2:15:21	5:12	1	-	16	
Finish	16.00	1:24:52	5:18	1	-	3	4:49	42.00	3:40:13	5:14	1	-	2	1:53:13