



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Schröder, Heinz

Club: SUS Oberaden

Number: 724

Course: 67.00 km

67 km Lauf

Category:

Männer M50

Total time: 6:15:20

Speed: 10.71 km/h

Running performance: 5:36 min/km

Rank in course/Total: 5 (of 52)

Rank in course/Men: 5 (of 45)

Best time in course: 5:42:02

Rank in category: 2(of 11)

Best time in the category: 6:12:46

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	1:52:43	5:46	2	12:52	7	14:41	19.50	1:52:43	5:46	2	12:52	28	
Kühude	20.50	1:54:39	5:35	2	5:23	6	11:56	40.00	3:47:22	5:41	2	18:15	28	
Nasse Wiese	20.50	1:55:10	5:37	1	-	3	17:06	60.50	5:42:32	5:39	2	3:53	28	
Finish	6.50	32:48	5:02	2	1:13	4	6:26	67.00	6:15:20	5:36	2	2:34	5	33:18