



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Laur, Rüdiger

Club: LT Bittermark Dortmund

Number: 769

Course: 42.00 km

42 km Lauf

Category:

Männer M45

Total time: 3:48:13

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 2 (of 36)

Rank in course/Men: 2 (of 30)

Best time in course: 3:40:13

Rank in category: 1(of 7)

Best time in the category: 3:48:13

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	1:44:28	5:21	1	-	5	8:36	19.50	1:44:28	5:21	1	-	29	
Obersorpe	6.50	40:04	6:09	1	-	2	0:35	26.00	2:24:32	5:33	1	-	29	
Finish	16.00	1:23:41	5:13	1	-	2	3:38	42.00	3:48:13	5:26	1	-	3	2:01:13