



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Rauscheit, Frank

Club: Sportfreund Alsdorf

Number: 796

Course: 42.00 km

42 km Lauf

Category:

Männer M35

Total time: 3:51:49

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 3 (of 36)

Rank in course/Men: 3 (of 30)

Best time in course: 3:40:13

Rank in category: 1(of 3)

Best time in the category: 3:51:49

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	1:48:39	5:34	2	9:40	8	12:47	19.50	1:48:39	5:34	1	-	28	
Obersorpe	6.50	43:07	6:38	2	0:58	4	3:38	26.00	2:31:46	5:50	1	-	28	
Finish	16.00	1:20:03	5:00	1	-	1	-	42.00	3:51:49	5:31	1	-	4	2:04:49