



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Deifuß, Holger

Club: FC Nordkirchen

Number: 708

Course: 67.00 km

67 km Lauf

Category:

Männer M40

Total time: 6:22:29

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 6 (of 52)

Rank in course/Men: 6 (of 45)

Best time in course: 5:42:02

Rank in category: 2(of 6)

Best time in the category: 5:50:57

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	1:53:28	5:49	3	13:19	9	15:26	19.50	1:53:28	5:49	2	13:19	29	
Kühude	20.50	1:56:41	5:41	2	13:38	7	13:58	40.00	3:50:09	5:45	2	26:57	29	
Nasse Wiese	20.50	1:57:40	5:44	2	3:20	5	19:36	60.50	5:47:49	5:44	2	30:17	29	
Finish	6.50	34:40	5:19	4	1:40	10	8:18	67.00	6:22:29	5:42	2	31:32	6	40:27