



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Hölscher, Michael

Club: einsamer Wolf

Number: 792

Course: 42.00 km

42 km Lauf

Category:

Männer M50

Total time: 4:02:52

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 6 (of 36)

Rank in course/Men: 5 (of 30)

Best time in course: 3:40:13

Rank in category: 1(of 8)

Best time in the category: 4:02:52

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	1:41:17	5:11	1	-	3	5:25	19.50	1:41:17	5:11	1	-	26	
Obersorpe	6.50	44:46	6:53	1	-	6	5:17	26.00	2:26:03	5:37	1	-	26	
Finish	16.00	1:36:49	6:03	1	-	6	16:46	42.00	4:02:52	5:46	1	-	6	2:15:52