



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Kortekamp, Bernd

Club: TV-Lemgo

Number: 776

Course: 42.00 km

42 km Lauf

Category:

Männer M50

Total time: 4:09:17

Speed: 10.11 km/h

Running performance: 5:56 min/km

Rank in course/Total: 10 (of 36)

Rank in course/Men: 8 (of 30)

Best time in course: 3:40:13

Rank in category: 2(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	1:43:50	5:19	2	2:33	4	7:58	19.50	1:43:50	5:19	2	2:33	23	
Obersorpe	6.50	46:58	7:13	3	2:12	12	7:29	26.00	2:30:48	5:48	2	4:45	23	
Finish	16.00	1:38:29	6:09	2	1:40	9	18:26	42.00	4:09:17	5:56	2	6:25	9	2:22:17