



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Deurer, Rolf

Club: TuS Immendorf

Number: 729

Course: 67.00 km

67 km Lauf

Category:

Männer M45

Total time: 6:50:56

Speed: 9.78 km/h

Running performance: 6:08 min/km

Rank in course/Total: 10 (of 52)

Rank in course/Men: 10 (of 45)

Best time in course: 5:42:02

Rank in category: 2(of 13)

Best time in the category: 5:42:02

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	2:01:24	6:13	4	15:53	17	23:22	19.50	2:01:24	6:13	2	15:53	33	
Kühude	20.50	2:02:28	5:58	3	10:23	12	19:45	40.00	4:03:52	6:05	2	26:16	33	
Nasse Wiese	20.50	2:08:40	6:16	2	30:36	7	30:36	60.50	6:12:32	6:09	2	56:52	33	
Finish	6.50	38:24	5:54	6	12:02	21	12:02	67.00	6:50:56	6:08	2	1:08:54	10	1:08:54