



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Ritter, Roland**

Club: TuS Uentrop

Number: 730

Course: 67.00 km

67 km Lauf

Category:

Männer M50

Total time: 7:07:46

Speed: 9.40 km/h

Running performance: 6:23 min/km

Rank in course/Total: 15 (of 52)

Rank in course/Men: 15 (of 45)

Best time in course: 5:42:02

Rank in category: 4(of 11)

Best time in the category: 6:12:46

### Intermediate times

### Stage score

### Total ranking

| Control     | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|             |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Nasse Wiese | 19.50       | 2:00:17       | 6:10            | 5           | 20:26          | 16          | 22:15         | 19.50         | 2:00:17       | 6:10            | 4           | 20:26          | 38         |               |
| Kühude      | 20.50       | 2:07:08       | 6:12            | 4           | 17:52          | 16          | 24:25         | 40.00         | 4:07:25       | 6:11            | 4           | 38:18          | 38         |               |
| Nasse Wiese | 20.50       | 2:22:54       | 6:58            | 5           | 27:44          | 16          | 44:50         | 60.50         | 6:30:19       | 6:27            | 4           | 51:40          | 38         |               |
| Finish      | 6.50        | 37:27         | 5:45            | 6           | 5:52           | 17          | 11:05         | 67.00         | 7:07:46       | 6:23            | 4           | 55:00          | 15         | 1:25:44       |