



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 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	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