



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Allenstein, Peter

Club: Laufteam Sportland Dornberg

Number: 710

Course: 67.00 km

67 km Lauf

Category:

Männer M45

Total time: 7:08:41

Speed: 9.38 km/h

Running performance: 6:24 min/km

Rank in course/Total: 16 (of 52)

Rank in course/Men: 16 (of 45)

Best time in course: 5:42:02

Rank in category: 4(of 13)

Best time in the category: 5:42:02

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	1:55:49	5:56	2	10:18	10	17:47	19.50	1:55:49	5:56	4	10:18	39		
Kühude	20.50	2:02:24	5:58	2	10:19	11	19:41	40.00	3:58:13	5:57	4	20:37	39		
Nasse Wiese	20.50	2:29:43	7:18	6	51:39	23	51:39	60.50	6:27:56	6:24	4	1:12:16	39		
Finish	6.50	40:45	6:16	8	14:23	28	14:23	67.00	7:08:41	6:23	4	1:26:39	16	1:26:39	