



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Giersberg, Andreas

Club: Stadt Bochum Team

Number: 749

Course: 67.00 km

67 km Lauf

Category:

Männer M45

Total time: 7:17:06

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 20 (of 52)

Rank in course/Men: 20 (of 45)

Best time in course: 5:42:02

Rank in category: 6(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	2:03:03	6:18	6	17:32	19	25:01	19.50	2:03:03	6:18	6	17:32	43	
Kühude	20.50	2:11:37	6:25	6	19:32	20	28:54	40.00	4:14:40	6:21	6	37:04	43	
Nasse Wiese	20.50	2:24:10	7:01	4	46:06	18	46:06	60.50	6:38:50	6:35	6	1:23:10	43	
Finish	6.50	38:16	5:53	5	11:54	20	11:54	67.00	7:17:06	6:31	6	1:35:04	20	1:35:04