



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Dressler, Friedemann

Club: LG Burg Wiedenbrück

Number: 715

Course: 67.00 km

67 km Lauf

Category:

Männer M55

Total time: 7:24:17

Speed: 9.05 km/h

Running performance: 6:38 min/km

Rank in course/Total: 24 (of 52)

Rank in course/Men: 23 (of 45)

Best time in course: 5:42:02

Rank in category: 2(of 3)

Best time in the category: 7:06:48

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	2:03:16	6:19	2	11:16	21	25:14	19.50	2:03:16	6:19	2	11:16	13	
Kühude	20.50	2:12:25	6:27	2	4:56	22	29:42	40.00	4:15:41	6:23	2	16:12	13	
Nasse Wiese	20.50	2:27:04	7:10	2	0:10	21	49:00	60.50	6:42:45	6:39	2	16:22	13	
Finish	6.50	41:32	6:23	3	1:07	30	15:10	67.00	7:24:17	6:37	2	17:29	22	1:42:15