



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Renner, Marc

Club: SC Janus

Number: 793

Course: 42.00 km

42 km Lauf

Category:

Männer M40

Total time: 4:57:02

Speed: 8.48 km/h

Running performance: 7:04 min/km

Rank in course/Total: 21 (of 36)

Rank in course/Men: 18 (of 30)

Best time in course: 3:40:13

Rank in category: 4(of 4)

Best time in the category: 3:40:13

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	2:06:02	6:27	4	30:10	15	30:10	19.50	2:06:02	6:27	4	30:10	13	
Obersorpe	6.50	55:02	8:28	4	15:33	20	15:33	26.00	3:01:04	6:57	4	45:43	13	
Finish	16.00	1:55:58	7:14	4	31:06	22	35:55	42.00	4:57:02	7:04	4	1:16:49	19	3:10:02