



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Binias, Jürgen

Club: LC Duisburg

Number: 768

Course: 42.00 km

42 km Lauf

Category:

Männer M50

Total time: 5:07:48

Speed: 8.19 km/h

Running performance: 7:20 min/km

Rank in course/Total: 25 (of 36)

Rank in course/Men: 22 (of 30)

Best time in course: 3:40:13

Rank in category: 8(of 8)

Best time in the category: 4:02:52

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	2:15:51	6:58	8	34:34	21	39:59	19.50	2:15:51	6:58	8	34:34	9	
Obersorpe	6.50	56:39	8:42	7	11:53	23	17:10	26.00	3:12:30	7:24	8	46:27	9	1:03
Finish	16.00	1:55:18	7:12	6	18:29	20	35:15	42.00	5:07:48	7:19	8	1:04:56	23	3:20:48