



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Schikorr, Lothar

Club: Marl

Number: 790

Course: 42.00 km

42 km Lauf

Category:

Männer M45

Total time: 5:07:48

Speed: 8.19 km/h

Running performance: 7:20 min/km

Rank in course/Total: 26 (of 36)

Rank in course/Men: 23 (of 30)

Best time in course: 3:40:13

Rank in category: 6(of 7)

Best time in the category: 3:48:13

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	2:15:54	6:58	5	31:26	22	40:02	19.50	2:15:54	6:58	6	31:26	8	
Obersorpe	6.50	56:34	8:42	6	16:30	22	17:05	26.00	3:12:28	7:24	6	47:56	8	1:01
Finish	16.00	1:55:20	7:12	6	31:39	21	35:17	42.00	5:07:48	7:19	6	1:19:35	23	3:20:48