



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Gruszka, Leszek

Club: Werdohl

Number: 734

Course: 67.00 km

67 km Lauf

Category:

Männer M35

Total time: 7:48:08

Speed: 8.59 km/h

Running performance: 6:59 min/km

Rank in course/Total: 29 (of 52)

Rank in course/Men: 28 (of 45)

Best time in course: 5:42:02

Rank in category: 4(of 5)

Best time in the category: 6:33:19

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	2:11:47	6:45	4	33:45	31	33:45	19.50	2:11:47	6:45	4	33:45	6	
Kühude	20.50	2:23:18	6:59	4	40:35	31	40:35	40.00	4:35:05	6:52	4	1:14:20	6	
Nasse Wiese	20.50	2:35:56	7:36	4	15:11	27	57:52	60.50	7:11:01	7:07	4	1:17:09	6	
Finish	6.50	37:07	5:42	2	1:28	15	10:45	67.00	7:48:08	6:59	4	1:14:49	28	2:06:06