



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Knein, Peter

Club: LSF Münster

Number: 753

Course: 67.00 km

67 km Lauf

Category:

Männer M45

Total time: 7:52:10

Speed: 8.51 km/h

Running performance: 7:03 min/km

Rank in course/Total: 31 (of 52)

Rank in course/Men: 30 (of 45)

Best time in course: 5:42:02

Rank in category: 10(of 13)

Best time in the category: 5:42:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Nasse Wiese	19.50	2:11:06	6:43	10	25:35	28	33:04	19.50	2:11:06	6:43	9	25:35	7	
Kühude	20.50	2:16:12	6:38	10	24:07	27	33:29	40.00	4:27:18	6:40	10	49:42	8	
Nasse Wiese	20.50	2:41:36	7:52	9	1:03:32	30	1:03:32	60.50	7:08:54	7:05	10	1:53:14	8	
Finish	6.50	43:16	6:39	10	16:54	31	16:54	67.00	7:52:10	7:02	9	2:10:08	29	2:10:08