



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Müller, Wolf-Rüdiger**

Club: Niederkassel-Rheidt

Number: 737

Course: 67.00 km

67 km Lauf

Category:

Männer M60

Total time: 8:12:20

Speed: 8.17 km/h

Running performance: 7:21 min/km

Rank in course/Total: 32 (of 52)

Rank in course/Men: 31 (of 45)

Best time in course: 5:42:02

Rank in category: 1(of 2)

Best time in the category: 8:12:20

### 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    | 2:10:32    | 6:41         | 1        | -           | 27          | 32:30      | 19.50         | 2:10:32    | 6:41         | 1        | -           | 9       |            |
| Kühude      | 20.50    | 2:23:23    | 6:59         | 1        | -           | 33          | 40:40      | 40.00         | 4:33:55    | 6:50         | 1        | -           | 9       |            |
| Nasse Wiese | 20.50    | 2:48:18    | 8:12         | 1        | -           | 34          | 1:10:14    | 60.50         | 7:22:13    | 7:18         | 1        | -           | 9       |            |
| Finish      | 6.50     | 50:07      | 7:42         | 2        | 3:22        | 39          | 23:45      | 67.00         | 8:12:20    | 7:20         | 1        | -           | 31      | 2:30:18    |