



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Kelbel, Joe

Club: marathon4you

Number: 770

Course: 42.00 km

42 km Lauf

Category:

Männer M45

Total time: 5:46:27

Speed: 7.27 km/h

Running performance: 8:15 min/km

Rank in course/Total: 33 (of 36)

Rank in course/Men: 27 (of 30)

Best time in course: 3:40:13

Rank in category: 7(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	2:23:03	7:20	7	38:35	27	47:11	19.50	2:23:03	7:20	7	38:35	4	4:10
Obersorpe	6.50	1:07:38	10:24	7	27:34	29	28:09	26.00	3:30:41	8:06	7	1:06:09	4	19:14
Finish	16.00	2:15:46	8:29	7	52:05	28	55:43	42.00	5:46:27	8:14	7	1:58:14	28	3:59:27