



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Schwonburg, Dirk

Club: LC Auensee Leipzig

Number: 702

Course: 67.00 km

67 km Lauf

Category:

Männer M45

Total time: 8:15:08

Speed: 8.12 km/h

Running performance: 7:23 min/km

Rank in course/Total: 33 (of 52)

Rank in course/Men: 32 (of 45)

Best time in course: 5:42:02

Rank in category: 11(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.	Pos Men	Behind Men
						Pos Men	Behind Men							
Nasse Wiese	19.50	2:25:05	7:26	12	39:34	39	47:03	19.50	2:25:05	7:26	11	39:34	10	0:37
Kühude	20.50	2:23:19	6:59	12	31:14	32	40:36	40.00	4:48:24	7:12	11	1:10:48	10	
Nasse Wiese	20.50	2:45:56	8:05	11	1:07:52	32	1:07:52	60.50	7:34:20	7:30	11	2:18:40	10	
Finish	6.50	40:48	6:16	9	14:26	29	14:26	67.00	8:15:08	7:23	11	2:33:06	32	2:33:06