



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Jasperneite, Horst

Club: LG Oelde/Wadersloh

Number: 718

Course: 67.00 km

67 km Lauf

Category:

Männer M55

Total time: 8:21:17

Speed: 8.02 km/h

Running performance: 7:29 min/km

Rank in course/Total: 36 (of 52)

Rank in course/Men: 34 (of 45)

Best time in course: 5:42:02

Rank in category: 3(of 3)

Best time in the category: 7:06:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:31:23	7:45	3	39:23	42	53:21	19.50	2:31:23	7:45	3	39:23	12	6:55
Kühude	20.50	2:28:06	7:13	3	20:37	35	45:23	40.00	4:59:29	7:29	3	1:00:00	12	2:56
Nasse Wiese	20.50	2:41:20	7:52	3	14:26	28	1:03:16	60.50	7:40:49	7:37	3	1:14:26	12	
Finish	6.50	40:28	6:13	2	0:03	25	14:06	67.00	8:21:17	7:28	3	1:14:29	34	2:39:15