



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Mels, Stefan

Club: LC Duisburg

Number: 712

Course: 67.00 km

67 km Lauf

Category:

Männer M50

Total time: 8:29:52

Speed: 7.88 km/h

Running performance: 7:37 min/km

Rank in course/Total: 37 (of 52)

Rank in course/Men: 35 (of 45)

Best time in course: 5:42:02

Rank in category: 8(of 11)

Best time in the category: 6:12:46

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	2:24:28	7:24	10	44:37	38	46:26	19.50	2:24:28	7:24	8	44:37	1	-
Kühude	20.50	2:32:05	7:25	9	42:49	37	49:22	40.00	4:56:33	7:24	8	1:27:26	1	-
Nasse Wiese	20.50	2:49:51	8:17	8	54:41	35	1:11:47	60.50	7:46:24	7:42	8	2:07:45	1	-
Finish	6.50	43:28	6:41	8	11:53	33	17:06	67.00	8:29:52	7:36	8	2:17:06	35	2:47:50