



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Lux, Christop

Club: TG Viktoria Augsburg

Number: 669

Course: 101.00 km

101 km Lauf

Category:

Männer M30

Total time: 8:39:26

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 2 (of 59)

Rank in course/Men: 2 (of 52)

Best time in course: 8:09:44

Rank in category: 1(of 3)

Best time in the category: 8:39:26

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	1:39:07	5:04	1	-	2	10:25	19.50	1:39:07	5:04	1	-	28	
Kühude	20.50	1:41:34	4:57	1	-	3	8:30	40.00	3:20:41	5:01	1	-	28	
Rhein-Weser-Tur	17.00	1:26:48	5:06	1	-	3	5:46	57.00	4:47:29	5:02	1	-	28	
Kühude	17.00	1:29:18	5:15	1	-	2	1:29	74.00	6:16:47	5:05	1	-	28	
Nasse Wiese	20.50	1:54:03	5:33	1	-	2	3:00	94.50	8:10:50	5:11	1	-	28	
Finish	6.50	28:36	4:24	1	-	2	0:32	101.00	8:39:26	5:08	1	-	2	29:42