



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Rösner, Karl-Ernst

Club: 101 Marathon Club

Number: 761

Course: 42.00 km

42 km Lauf

Category:

Männer M70

Total time: 6:23:15

Speed: 6.58 km/h

Running performance: 9:07 min/km

Rank in course/Total: 35 (of 36)

Rank in course/Men: 29 (of 30)

Best time in course: 3:40:13

Rank in category: 1(of 1)

Best time in the category: 6:23:15

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	2:45:18	8:28	1	-	29	1:09:26	19.50	2:45:18	8:28	1	-	2	26:25
Obersorpe	6.50	59:48	9:11	1	-	26	20:19	26.00	3:45:06	8:39	1	-	2	33:39
Finish	16.00	2:38:09	9:53	1	-	30	1:18:06	42.00	6:23:15	9:07	1	-	30	4:36:15