



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Beckmann, Stefan

Club: TV Borken

Number: 649

Course: 101.00 km

101 km Lauf

Category:

Männer M50

Total time: 8:57:44

Speed: 11.27 km/h

Running performance: 5:19 min/km

Rank in course/Total: 4 (of 59)

Rank in course/Men: 4 (of 52)

Best time in course: 8:09:44

Rank in category: 1(of 13)

Best time in the category: 8:57:44

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	1:39:30	5:06	1	-	5	10:48	19.50	1:39:30	5:06	1	-	30	
Kühude	20.50	1:43:09	5:01	1	-	5	10:05	40.00	3:22:39	5:03	1	-	30	
Rhein-Weser-Tur	17.00	1:28:20	5:11	1	-	4	7:18	57.00	4:50:59	5:06	1	-	30	
Kühude	17.00	1:31:50	5:24	1	-	5	4:01	74.00	6:22:49	5:10	1	-	30	
Nasse Wiese	20.50	2:02:34	5:58	1	-	3	11:31	94.50	8:25:23	5:20	1	-	30	
Finish	6.50	32:21	4:58	1	-	4	4:17	101.00	8:57:44	5:19	1	-	4	48:00