



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Komar, Ewald

Club: LT-Hemsbach

Number: 668

Course: 67.00 km

67 km Lauf

Category:

Männer M60

Total time: 8:59:50

Speed: 7.45 km/h

Running performance: 8:04 min/km

Rank in course/Total: 44 (of 52)

Rank in course/Men: 39 (of 45)

Best time in course: 5:42:02

Rank in category: 2(of 2)

Best time in the category: 8:12:20

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	2:22:46	7:19	2	12:14	37	44:44	19.50	2:22:46	7:19	2	12:14	17	
Kühude	20.50	2:37:07	7:39	2	13:44	39	54:24	40.00	4:59:53	7:29	2	25:58	17	3:20
Nasse Wiese	20.50	3:13:12	9:25	2	24:54	38	1:35:08	60.50	8:13:05	8:09	2	50:52	17	26:41
Finish	6.50	46:45	7:11	1	-	37	20:23	67.00	8:59:50	8:03	2	47:30	39	3:17:48