



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Kaminksi, Peter

Club: LG Emstetten

Number: 671

Course: 101.00 km

101 km Lauf

Category:

Männer M30

Total time: 9:14:58

Speed: 10.92 km/h

Running performance: 5:29 min/km

Rank in course/Total: 5 (of 59)

Rank in course/Men: 5 (of 52)

Best time in course: 8:09:44

Rank in category: 2(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Nasse Wiese	19.50	1:39:47	5:07	2	0:40	7	11:05	19.50	1:39:47	5:07	2	0:40	31	
Kühude	20.50	1:42:16	4:59	2	0:42	4	9:12	40.00	3:22:03	5:03	2	1:22	31	
Rhein-Weser-Tur	17.00	1:34:11	5:32	2	7:23	7	13:09	57.00	4:56:14	5:11	2	8:45	31	
Kühude	17.00	1:37:06	5:42	2	7:48	7	9:17	74.00	6:33:20	5:18	2	16:33	31	
Nasse Wiese	20.50	2:07:19	6:12	2	13:16	5	16:16	94.50	8:40:39	5:30	2	29:49	31	
Finish	6.50	34:19	5:16	2	5:43	6	6:15	101.00	9:14:58	5:29	2	35:32	5	1:05:14