



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Ruppert, Ralf

Club: Lg Oelde/Wadersloh

Number: 624

Course: 101.00 km

101 km Lauf

Category:

Männer M45

Total time: 9:32:13

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 8 (of 59)

Rank in course/Men: 8 (of 52)

Best time in course: 8:09:44

Rank in category: 3(of 10)

Best time in the category: 8:56:58

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	1:44:00	5:19	2	4:39	8	15:18	19.50	1:44:00	5:19	3	4:39	34	
Kühude	20.50	1:50:25	5:23	3	8:54	9	17:21	40.00	3:34:25	5:21	3	13:33	34	
Rhein-Weser-Tur	17.00	1:36:26	5:40	3	9:46	8	15:24	57.00	5:10:51	5:27	3	23:19	34	
Kühude	17.00	1:35:39	5:37	3	6:21	6	7:50	74.00	6:46:30	5:29	3	29:40	34	
Nasse Wiese	20.50	2:11:59	6:26	2	7:44	7	20:56	94.50	8:58:29	5:41	3	37:24	34	
Finish	6.50	33:44	5:11	2	1:34	5	5:40	101.00	9:32:13	5:39	3	35:15	8	1:22:29