



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Beiderbeck, Dietmar

Club: LG Würzburg

Number: 148

Course: 67.00 km

67 km Lauf

Category:

Männer M45

Total time: 9:49:51

Speed: 6.82 km/h

Running performance: 8:48 min/km

Rank in course/Total: 50 (of 52)

Rank in course/Men: 44 (of 45)

Best time in course: 5:42:02

Rank in category: 13(of 13)

Best time in the category: 5:42:02

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	2:38:51	8:08	13	53:20	44	1:00:49	19.50	2:38:51	8:08	13	53:20	22	14:23
Kühude	20.50	2:56:14	8:35	13	1:04:09	44	1:13:31	40.00	5:35:05	8:22	13	1:57:29	22	38:32
Nasse Wiese	20.50	3:24:38	9:58	13	1:46:34	45	1:46:34	60.50	8:59:43	8:55	13	3:44:03	22	1:13:19
Finish	6.50	50:08	7:42	12	23:46	40	23:46	67.00	9:49:51	8:48	13	4:07:49	44	4:07:49