



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Kaufmann, Sascha

Club: Pheidippides

Number: 146

Course: 67.00 km

67 km Lauf

Category:

Männer M40

Total time: 9:49:51

Speed: 6.82 km/h

Running performance: 8:48 min/km

Rank in course/Total: 51 (of 52)

Rank in course/Men: 45 (of 45)

Best time in course: 5:42:02

Rank in category: 6(of 6)

Best time in the category: 5:50:57

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	2:38:52	8:08	6	58:43	45	1:00:50	19.50	2:38:52	8:08	6	58:43	23	14:24
Kühude	20.50	2:56:22	8:36	6	1:13:19	45	1:13:39	40.00	5:35:14	8:22	6	2:12:02	23	38:41
Nasse Wiese	20.50	3:24:32	9:58	6	1:30:12	44	1:46:28	60.50	8:59:46	8:55	6	3:42:14	23	1:13:22
Finish	6.50	50:05	7:42	6	17:05	38	23:43	67.00	9:49:51	8:48	6	3:58:54	44	4:07:49