



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Gralka, Robert

Club: Tri Sport Menden

Number: 644

Course: 101.00 km

101 km Lauf

Category:

Männer M40

Total time: 9:59:53

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 9 (of 59)

Rank in course/Men: 9 (of 52)

Best time in course: 8:09:44

Rank in category: 2(of 8)

Best time in the category: 9:25:04

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	1:39:10	5:05	1	-	3	10:28	19.50	1:39:10	5:05	2			35	
Kühude	20.50	1:46:42	5:12	2	2:19	7	13:38	40.00	3:25:52	5:08	2	1:49		35	
Rhein-Weser-Tur	17.00	1:42:54	6:03	2	8:46	11	21:52	57.00	5:08:46	5:25	2	10:35		35	
Kühude	17.00	1:46:21	6:15	2	6:54	9	18:32	74.00	6:55:07	5:36	2	17:29		35	
Nasse Wiese	20.50	2:29:40	7:18	2	17:43	17	38:37	94.50	9:24:47	5:58	2	35:12		35	
Finish	6.50	35:06	5:24	1	-	9	7:02	101.00	9:59:53	5:56	2	34:49	9	1:50:09	