



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Roland, Marc

Club: Bratwurst Runners

Number: 613

Course: 101.00 km

101 km Lauf

Category:

Männer M35

Total time: 10:25:49

Speed: 9.68 km/h

Running performance: 6:12 min/km

Rank in course/Total: 10 (of 59)

Rank in course/Men: 10 (of 52)

Best time in course: 8:09:44

Rank in category: 2(of 4)

Best time in the category: 8:09:44

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	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	1:50:47	5:40	2	22:05	11	22:05	19.50	1:50:47	5:40	2	22:05	36	
Kühude	20.50	1:55:37	5:38	2	22:33	10	22:33	40.00	3:46:24	5:39	2	44:38	36	
Rhein-Weser-Tur	17.00	1:42:38	6:02	2	21:36	9	21:36	57.00	5:29:02	5:46	2	1:06:14	36	
Kühude	17.00	1:51:24	6:33	2	23:35	12	23:35	74.00	7:20:26	5:57	2	1:29:49	36	
Nasse Wiese	20.50	2:23:21	6:59	3	32:18	11	32:18	94.50	9:43:47	6:10	2	2:02:07	36	
Finish	6.50	42:02	6:28	4	13:58	29	13:58	101.00	10:25:49	6:11	2	2:16:05	10	2:16:05