



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Wojtaszek, Olaf

Club: Plettenberg

Number: 664

Course: 101.00 km

101 km Lauf

Category:

Männer M45

Total time: 10:25:49

Speed: 9.68 km/h

Running performance: 6:12 min/km

Rank in course/Total: 11 (of 59)

Rank in course/Men: 11 (of 52)

Best time in course: 8:09:44

Rank in category: 4(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		Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time			min/km	Pos Men
Nasse Wiese	19.50	1:50:48	5:40	5	11:27	12	22:06	19.50	1:50:48	5:40	4	11:27	37
Kühude	20.50	1:55:39	5:38	4	14:08	11	22:35	40.00	3:46:27	5:39	4	25:35	37
Rhein-Weser-Tur	17.00	1:42:38	6:02	4	15:58	9	21:36	57.00	5:29:05	5:46	4	41:33	37
Kühude	17.00	1:51:18	6:32	4	22:00	10	23:29	74.00	7:20:23	5:57	4	1:03:33	37
Nasse Wiese	20.50	2:23:26	6:59	4	19:11	12	32:23	94.50	9:43:49	6:10	4	1:22:44	37
Finish	6.50	42:00	6:27	6	9:50	28	13:56	101.00	10:25:49	6:11	4	1:28:51	10 2:16:05