



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Linke, Ralf

Club: LT Sulz am Eck

Number: 628

Course: 101.00 km

101 km Lauf

Category:

Männer M45

Total time: 10:36:43

Speed: 9.52 km/h

Running performance: 6:18 min/km

Rank in course/Total: 12 (of 59)

Rank in course/Men: 12 (of 52)

Best time in course: 8:09:44

Rank in category: 5(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	1:50:41	5:40	4	11:20	10	21:59	19.50	1:50:41	5:40	5	11:20	38	
Kühude	20.50	1:57:26	5:43	5	15:55	12	24:22	40.00	3:48:07	5:42	5	27:15	38	
Rhein-Weser-Tur	17.00	1:43:47	6:06	5	17:07	12	22:45	57.00	5:31:54	5:49	5	44:22	38	
Kühude	17.00	1:51:47	6:34	5	22:29	13	23:58	74.00	7:23:41	5:59	5	1:06:51	38	
Nasse Wiese	20.50	2:29:54	7:18	5	25:39	18	38:51	94.50	9:53:35	6:16	5	1:32:30	38	
Finish	6.50	43:08	6:38	7	10:58	31	15:04	101.00	10:36:43	6:18	5	1:39:45	12	2:26:59