



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Suffrian, Andreas

Club: Fintel

Number: 662

Course: 101.00 km

101 km Lauf

Category:

Männer M50

Total time: 10:39:39

Speed: 9.47 km/h

Running performance: 6:20 min/km

Rank in course/Total: 13 (of 59)

Rank in course/Men: 13 (of 52)

Best time in course: 8:09:44

Rank in category: 2(of 13)

Best time in the category: 8:57:44

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	1:56:36	5:58	3	17:06	20	27:54	19.50	1:56:36	5:58	2	17:06	39	
Kühude	20.50	2:03:01	6:00	2	19:52	13	29:57	40.00	3:59:37	5:59	2	36:58	39	
Rhein-Weser-Tur	17.00	1:45:11	6:11	2	16:51	13	24:09	57.00	5:44:48	6:02	2	53:49	39	
Kühude	17.00	1:52:04	6:35	3	20:14	14	24:15	74.00	7:36:52	6:10	2	1:14:03	39	
Nasse Wiese	20.50	2:25:23	7:05	3	22:49	13	34:20	94.50	10:02:15	6:22	2	1:36:52	39	
Finish	6.50	37:24	5:45	4	5:03	16	9:20	101.00	10:39:39	6:19	2	1:41:55	13	2:29:55