



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Slabon, Raimund

Club: DUV

Number: 616

Course: 101.00 km

101 km Lauf

Category:

Männer M50

Total time: 11:00:54

Speed: 9.17 km/h

Running performance: 6:32 min/km

Rank in course/Total: 14 (of 59)

Rank in course/Men: 14 (of 52)

Best time in course: 8:09:44

Rank in category: 3(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	2:06:43	6:29	4	27:13	26	38:01	19.50	2:06:43	6:29	3	27:13	27	
Kühude	20.50	2:11:16	6:24	4	28:07	20	38:12	40.00	4:17:59	6:26	3	55:20	27	
Rhein-Weser-Tur	17.00	1:53:35	6:40	4	25:15	17	32:33	57.00	6:11:34	6:31	3	1:20:35	27	
Kühude	17.00	1:55:32	6:47	4	23:42	15	27:43	74.00	8:07:06	6:34	3	1:44:17	27	
Nasse Wiese	20.50	2:15:32	6:36	2	12:58	9	24:29	94.50	10:22:38	6:35	3	1:57:15	27	
Finish	6.50	38:16	5:53	5	5:55	18	10:12	101.00	11:00:54	6:32	3	2:03:10	14	2:51:10