



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 |