



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Gräwe, Detlef

Club: Tri-As Hamm

Number: 645

Course: 101.00 km

101 km Lauf

Category:

Männer M55

Total time: 11:12:19

Speed: 9.01 km/h

Running performance: 6:40 min/km

Rank in course/Total: 16 (of 59)

Rank in course/Men: 16 (of 52)

Best time in course: 8:09:44

Rank in category: 1(of 9)

Best time in the category: 11:12:19

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	1:55:26	5:55	3	3:51	18	26:44	19.50	1:55:26	5:55	1	-	42	
Kühude	20.50	2:08:39	6:16	2	2:06	17	35:35	40.00	4:04:05	6:06	1	-	42	
Rhein-Weser-Tur	17.00	1:51:40	6:34	1	-	14	30:38	57.00	5:55:45	6:14	1	-	42	
Kühude	17.00	2:03:03	7:14	1	-	20	35:14	74.00	7:58:48	6:28	1	-	42	
Nasse Wiese	20.50	2:37:57	7:42	1	-	20	46:54	94.50	10:36:45	6:44	1	-	42	
Finish	6.50	35:34	5:28	1	-	12	7:30	101.00	11:12:19	6:39	1	-	16	3:02:35