



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Wantier, Dirk

Club: Injoy Wolfsburg

Number: 617

Course: 101.00 km

101 km Lauf

Category:

Männer M30

Total time: 11:17:32

Speed: 8.94 km/h

Running performance: 6:43 min/km

Rank in course/Total: 18 (of 59)

Rank in course/Men: 18 (of 52)

Best time in course: 8:09:44

Rank in category: 3(of 3)

Best time in the category: 8:39:26

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	2:07:22	6:31	3	28:15	27	38:40	19.50	2:07:22	6:31	3	28:15	44	
Kühude	20.50	2:10:55	6:23	3	29:21	19	37:51	40.00	4:18:17	6:27	3	57:36	44	
Rhein-Weser-Tur	17.00	1:53:30	6:40	3	26:42	16	32:28	57.00	6:11:47	6:31	3	1:24:18	44	
Kühude	17.00	2:01:59	7:10	3	32:41	18	34:10	74.00	8:13:46	6:40	3	1:56:59	44	
Nasse Wiese	20.50	2:29:17	7:16	3	35:14	16	38:14	94.50	10:43:03	6:48	3	2:32:13	44	
Finish	6.50	34:29	5:18	3	5:53	7	6:25	101.00	11:17:32	6:42	3	2:38:06	18	3:07:48