



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Büchter, Martin

Club: Troisdorfer LG M.U.T.

Number: 646

Course: 101.00 km

101 km Lauf

Category:

Männer M50

Total time: 11:19:34

Speed: 8.92 km/h

Running performance: 6:44 min/km

Rank in course/Total: 20 (of 59)

Rank in course/Men: 19 (of 52)

Best time in course: 8:09:44

Rank in category: 5(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	2:10:26	6:41	6	30:56	30	41:44	19.50	2:10:26	6:41	5	30:56	45	0:51
Kühude	20.50	2:16:31	6:39	7	33:22	28	43:27	40.00	4:26:57	6:40	5	1:04:18	45	
Rhein-Weser-Tur	17.00	1:58:39	6:58	7	30:19	24	37:37	57.00	6:25:36	6:45	5	1:34:37	45	
Kühude	17.00	1:51:23	6:33	2	19:33	11	23:34	74.00	8:16:59	6:42	5	1:54:10	45	
Nasse Wiese	20.50	2:27:54	7:12	4	25:20	14	36:51	94.50	10:44:53	6:49	5	2:19:30	45	
Finish	6.50	34:41	5:20	2	2:20	8	6:37	101.00	11:19:34	6:43	5	2:21:50	19	3:09:50