



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Einhaus, Herbert

Club: Schüttorf

Number: 655

Course: 101.00 km

101 km Lauf

Category:

Männer M50

Total time: 11:36:06

Speed: 8.71 km/h

Running performance: 6:53 min/km

Rank in course/Total: 21 (of 59)

Rank in course/Men: 20 (of 52)

Best time in course: 8:09:44

Rank in category: 6(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	2:11:32	6:44	8	32:02	32	42:50	19.50	2:11:32	6:44	6	32:02	46	1:57
Kühude	20.50	2:13:07	6:29	5	29:58	25	40:03	40.00	4:24:39	6:36	6	1:02:00	46	
Rhein-Weser-Tur	17.00	1:57:54	6:56	5	29:34	21	36:52	57.00	6:22:33	6:42	6	1:31:34	46	
Kühude	17.00	2:00:53	7:06	6	29:03	17	33:04	74.00	8:23:26	6:48	6	2:00:37	46	
Nasse Wiese	20.50	2:37:10	7:39	5	34:36	19	46:07	94.50	11:00:36	6:59	6	2:35:13	46	
Finish	6.50	35:30	5:27	3	3:09	11	7:26	101.00	11:36:06	6:53	6	2:38:22	20	3:26:22