



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Schmidt, Uwe**

Club: LT Hennef

Number: 625

Course: 101.00 km

101 km Lauf

Category:

Männer M55

Total time: 11:41:47

Speed: 8.64 km/h

Running performance: 6:57 min/km

Rank in course/Total: 22 (of 59)

Rank in course/Men: 21 (of 52)

Best time in course: 8:09:44

Rank in category: 2(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			Total ranking		
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men
Nasse Wiese	19.50	2:01:49	6:14	4	10:14	22	33:07	19.50	2:01:49	6:14	2	6:23	47
Kühude	20.50	2:12:18	6:27	3	5:45	22	39:14	40.00	4:14:07	6:21	2	10:02	47
Rhein-Weser-Tur	17.00	1:59:27	7:01	3	7:47	26	38:25	57.00	6:13:34	6:33	2	17:49	47
Kühude	17.00	2:05:24	7:22	4	2:21	25	37:35	74.00	8:18:58	6:44	2	20:10	47
Nasse Wiese	20.50	2:44:36	8:01	4	6:39	27	53:33	94.50	11:03:34	7:01	2	26:49	47
Finish	6.50	38:13	5:52	2	2:39	17	10:09	101.00	11:41:47	6:56	2	29:28	21 3:32:03