



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Strohmeyer, Thomas

Club: Köln

Number: 661

Course: 101.00 km

101 km Lauf

Category:

Männer M55

Total time: 11:47:52

Speed: 8.56 km/h

Running performance: 7:01 min/km

Rank in course/Total: 24 (of 59)

Rank in course/Men: 23 (of 52)

Best time in course: 8:09:44

Rank in category: 3(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	1:52:22	5:45	2	0:47	17	23:40	19.50	1:52:22	5:45	3		49
Kühude	20.50	2:06:33	6:10	1	-	16	33:29	40.00	3:58:55	5:58	3		49
Rhein-Weser-Tur	17.00	2:02:30	7:12	5	10:50	29	41:28	57.00	6:01:25	6:20	3	5:40	49
Kühude	17.00	2:08:15	7:32	5	5:12	26	40:26	74.00	8:09:40	6:37	3	10:52	49
Nasse Wiese	20.50	2:51:59	8:23	6	14:02	32	1:00:56	94.50	11:01:39	7:00	3	24:54	49
Finish	6.50	46:13	7:06	6	10:39	41	18:09	101.00	11:47:52	7:00	3	35:33	23 3:38:08