



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Schürmann, Rolf-Bernd

Club: WAT läuft...der Laufladen

Number: 650

Course: 101.00 km

101 km Lauf

Category:

Männer M40

Total time: 11:59:54

Speed: 8.42 km/h

Running performance: 7:08 min/km

Rank in course/Total: 26 (of 59)

Rank in course/Men: 24 (of 52)

Best time in course: 8:09:44

Rank in category: 3(of 8)

Best time in the category: 9:25:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Nasse Wiese	19.50	1:55:46	5:56	3	16:36	19	27:04	19.50	1:55:46	5:56	3	16:06	50		
Kühude	20.50	2:05:15	6:06	3	20:52	15	32:11	40.00	4:01:01	6:01	3	36:58	50		
Rhein-Weser-Tur	17.00	2:10:40	7:41	7	36:32	44	49:38	57.00	6:11:41	6:31	3	1:13:30	50		
Kühude	17.00	2:04:01	7:17	3	24:34	21	36:12	74.00	8:15:42	6:41	3	1:38:04	50		
Nasse Wiese	20.50	3:02:08	8:53	5	50:11	41	1:11:05	94.50	11:17:50	7:10	3	2:28:15	50		
Finish	6.50	42:04	6:28	3	6:58	30	14:00	101.00	11:59:54	7:07	3	2:34:50	24	3:50:10	