



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Lukasik, Jo

Club: Tegelen

Number: 659

Course: 101.00 km

101 km Lauf

Category:

Männer M55

Total time: 12:03:35

Speed: 8.37 km/h

Running performance: 7:10 min/km

Rank in course/Total: 27 (of 59)

Rank in course/Men: 25 (of 52)

Best time in course: 8:09:44

Rank in category: 4(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Nasse Wiese	19.50	2:12:32	6:47	6	20:57	37	43:50	19.50	2:12:32	6:47	4	17:06	51	2:57
Kühude	20.50	2:19:47	6:49	5	13:14	36	46:43	40.00	4:32:19	6:48	4	28:14	51	
Rhein-Weser-Tur	17.00	1:59:10	7:00	2	7:30	25	38:08	57.00	6:31:29	6:52	4	35:44	51	
Kühude	17.00	2:05:19	7:22	3	2:16	23	37:30	74.00	8:36:48	6:59	4	38:00	51	
Nasse Wiese	20.50	2:41:31	7:52	2	3:34	24	50:28	94.50	11:18:19	7:10	4	41:34	51	
Finish	6.50	45:16	6:57	4	9:42	36	17:12	101.00	12:03:35	7:09	4	51:16	25	3:53:51