



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Gerlach, Jörg

Club: 100 Marathon Club

Number: 607

Course: 101.00 km

101 km Lauf

Category:

Männer M50

Total time: 12:06:48

Speed: 8.34 km/h

Running performance: 7:12 min/km

Rank in course/Total: 29 (of 59)

Rank in course/Men: 27 (of 52)

Best time in course: 8:09:44

Rank in category: 8(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 km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Nasse Wiese	19.50	2:08:15	6:34	5	28:45	28	39:33	19.50	2:08:15	6:34	8	28:45	14		
Kühude	20.50	2:13:25	6:30	6	30:16	26	40:21	40.00	4:21:40	6:32	8	59:01	14		
Rhein-Weser-Tur	17.00	1:58:13	6:57	6	29:53	23	37:11	57.00	6:19:53	6:39	8	1:28:54	14		
Kühude	17.00	2:11:48	7:45	9	39:58	30	43:59	74.00	8:31:41	6:54	8	2:08:52	14		
Nasse Wiese	20.50	2:53:49	8:28	11	51:15	34	1:02:46	94.50	11:25:30	7:15	8	3:00:07	14		
Finish	6.50	41:18	6:21	9	8:57	26	13:14	101.00	12:06:48	7:11	8	3:09:04	27	3:57:04	