



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Becker, Martin

Club: Troisdorfer LG M.U.T.

Number: 672

Course: 101.00 km

101 km Lauf

Category:

Männer M50

Total time: 12:09:39

Speed: 8.31 km/h

Running performance: 7:13 min/km

Rank in course/Total: 30 (of 59)

Rank in course/Men: 28 (of 52)

Best time in course: 8:09:44

Rank in category: 9(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:10:28	6:41	7	30:58	31	41:46	19.50	2:10:28	6:41	9	30:58	2	0:53
Kühude	20.50	2:19:58	6:49	12	36:49	39	46:54	40.00	4:30:26	6:45	9	1:07:47	2	
Rhein-Weser-Tur	17.00	2:03:26	7:15	11	35:06	34	42:24	57.00	6:33:52	6:54	9	1:42:53	2	
Kühude	17.00	2:16:08	8:00	13	44:18	38	48:19	74.00	8:50:00	7:09	9	2:27:11	2	
Nasse Wiese	20.50	2:40:57	7:51	6	38:23	22	49:54	94.50	11:30:57	7:18	9	3:05:34	2	
Finish	6.50	38:42	5:57	6	6:21	19	10:38	101.00	12:09:39	7:13	9	3:11:55	28	3:59:55