



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Schikowsky, Christian

Club: Endorfin Junkies

Number: 670

Course: 101.00 km

101 km Lauf

Category:

Männer M20

Total time: 12:11:56

Speed: 8.28 km/h

Running performance: 7:15 min/km

Rank in course/Total: 31 (of 59)

Rank in course/Men: 29 (of 52)

Best time in course: 8:09:44

Rank in category: 1(of 1)

Best time in the category: 12:11:56

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	2:26:40	7:31	1	-	48	57:58	19.50	2:26:40	7:31	1	-	3	17:05
Kühude	20.50	2:27:56	7:12	1	-	44	54:52	40.00	4:54:36	7:21	1	-	3	21:25
Rhein-Weser-Tur	17.00	1:57:13	6:53	1	-	19	36:11	57.00	6:51:49	7:13	1	-	3	6:30
Kühude	17.00	2:11:31	7:44	1	-	29	43:42	74.00	9:03:20	7:20	1	-	3	1:01
Nasse Wiese	20.50	2:28:19	7:14	1	-	15	37:16	94.50	11:31:39	7:19	1	-	3	
Finish	6.50	40:17	6:11	1	-	24	12:13	101.00	12:11:56	7:14	1	-	29	4:02:12