



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Matschke, Manfred

Club: 1. Tri-Team Gütersloh GTV

Number: 606

Course: 101.00 km

101 km Lauf

Category:

Männer M55

Total time: 12:12:32

Speed: 8.27 km/h

Running performance: 7:15 min/km

Rank in course/Total: 32 (of 59)

Rank in course/Men: 30 (of 52)

Best time in course: 8:09:44

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	1:51:35	5:43	1	-	14	22:53	19.50	1:51:35	5:43	5		4	
Kühude	20.50	2:14:32	6:33	4	7:59	27	41:28	40.00	4:06:07	6:09	5	2:02	4	
Rhein-Weser-Tur	17.00	2:15:34	7:58	8	23:54	48	54:32	57.00	6:21:41	6:41	5	25:56	4	
Kühude	17.00	2:13:58	7:52	7	10:55	37	46:09	74.00	8:35:39	6:58	5	36:51	4	
Nasse Wiese	20.50	2:46:49	8:08	5	8:52	29	55:46	94.50	11:22:28	7:13	5	45:43	4	
Finish	6.50	50:04	7:42	8	14:30	49	22:00	101.00	12:12:32	7:15	5	1:00:13	30	4:02:48