



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Seidl, Michael

Club: TG Viktoria Augsburg

Number: 643

Course: 101.00 km

101 km Lauf

Category:

Männer M45

Total time: 12:25:07

Speed: 8.13 km/h

Running performance: 7:23 min/km

Rank in course/Total: 35 (of 59)

Rank in course/Men: 33 (of 52)

Best time in course: 8:09:44

Rank in category: 8(of 10)

Best time in the category: 8:56:58

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	1:51:39	5:43	6	12:18	15	22:57	19.50	1:51:39	5:43	8	12:18	7		
Kühude	20.50	2:08:39	6:16	6	27:08	17	35:35	40.00	4:00:18	6:00	8	39:26	7		
Rhein-Weser-Tur	17.00	1:57:55	6:56	7	31:15	22	36:53	57.00	5:58:13	6:17	8	1:10:41	7		
Kühude	17.00	2:16:52	8:03	8	47:34	41	49:03	74.00	8:15:05	6:41	8	1:58:15	7		
Nasse Wiese	20.50	3:23:08	9:54	10	1:18:53	50	1:32:05	94.50	11:38:13	7:23	8	3:17:08	7		
Finish	6.50	46:54	7:12	9	14:44	42	18:50	101.00	12:25:07	7:22	8	3:28:09	33	4:15:23	