



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Hülsmann, Olaf

Club: DUV

Number: 615

Course: 101.00 km

101 km Lauf

Category:

Männer M35

Total time: 12:27:05

Speed: 8.11 km/h

Running performance: 7:24 min/km

Rank in course/Total: 36 (of 59)

Rank in course/Men: 34 (of 52)

Best time in course: 8:09:44

Rank in category: 4(of 4)

Best time in the category: 8:09:44

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	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Nasse Wiese	19.50	2:17:11	7:02	4	48:29	43	48:29	19.50	2:17:11	7:02	4	48:29	8	7:36
Kühude	20.50	2:19:46	6:49	4	46:42	35	46:42	40.00	4:36:57	6:55	4	1:35:11	8	3:46
Rhein-Weser-Tur	17.00	2:11:39	7:44	4	50:37	45	50:37	57.00	6:48:36	7:10	4	2:25:48	8	3:17
Kühude	17.00	2:16:33	8:01	4	48:44	39	48:44	74.00	9:05:09	7:22	4	3:14:32	8	2:50
Nasse Wiese	20.50	2:44:46	8:02	4	53:43	28	53:43	94.50	11:49:55	7:30	4	4:08:15	8	
Finish	6.50	37:10	5:43	3	9:06	15	9:06	101.00	12:27:05	7:23	4	4:17:21	34	4:17:21