



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Weiß, Wilfried

Club: Marathon Steinfurt

Number: 721

Course: 101.00 km

101 km Lauf

Category:

Männer M40

Total time: 12:32:41

Speed: 8.05 km/h

Running performance: 7:27 min/km

Rank in course/Total: 38 (of 59)

Rank in course/Men: 36 (of 52)

Best time in course: 8:09:44

Rank in category: 4(of 8)

Best time in the category: 9:25:04

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	2:11:39	6:45	6	32:29	33	42:57	19.50	2:11:39	6:45	4	31:59	10	2:04
Kühude	20.50	2:20:35	6:51	6	36:12	40	47:31	40.00	4:32:14	6:48	4	1:08:11	10	
Rhein-Weser-Tur	17.00	2:06:33	7:26	5	32:25	38	45:31	57.00	6:38:47	6:59	4	1:40:36	10	
Kühude	17.00	2:12:45	7:48	4	33:18	32	44:56	74.00	8:51:32	7:10	4	2:13:54	10	
Nasse Wiese	20.50	2:55:12	8:32	3	43:15	35	1:04:09	94.50	11:46:44	7:28	4	2:57:09	10	
Finish	6.50	45:57	7:04	4	10:51	38	17:53	101.00	12:32:41	7:27	4	3:07:37	36	4:22:57