



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 km | Total Time | Total min/km | Total ranking | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | | | | 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 |