



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Nicklaus, Ulrich

Club: KLB2000

Number: 618

Course: 101.00 km

101 km Lauf

Category:

Männer M55

Total time: 12:40:20

Speed: 7.97 km/h

Running performance: 7:32 min/km

Rank in course/Total: 39 (of 59)

Rank in course/Men: 37 (of 52)

Best time in course: 8:09:44

Rank in category: 6(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.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Nasse Wiese	19.50	2:13:34	6:50	7	21:59	39	44:52	19.50	2:13:34	6:50	6	18:08	11	3:59
Kühude	20.50	2:27:31	7:11	7	20:58	43	54:27	40.00	4:41:05	7:01	6	37:00	11	7:54
Rhein-Weser-Tur	17.00	2:02:06	7:10	4	10:26	28	41:04	57.00	6:43:11	7:04	6	47:26	11	
Kühude	17.00	2:13:48	7:52	6	10:45	36	45:59	74.00	8:56:59	7:15	6	58:11	11	
Nasse Wiese	20.50	2:57:20	8:39	7	19:23	38	1:06:17	94.50	11:54:19	7:33	6	1:17:34	11	
Finish	6.50	46:01	7:04	5	10:27	39	17:57	101.00	12:40:20	7:31	6	1:28:01	37	4:30:36