



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Ickert, Peter

Club: Laufreport.de

Number: 622

Course: 101.00 km

101 km Lauf

Category:

Männer M50

Total time: 12:49:40

Speed: 7.87 km/h

Running performance: 7:37 min/km

Rank in course/Total: 41 (of 59)

Rank in course/Men: 39 (of 52)

Best time in course: 8:09:44

Rank in category: 12(of 13)

Best time in the category: 8:57:44

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	2:24:29	7:24	13	44:59	46	55:47	19.50	2:24:29	7:24	12	44:59	13	14:54
Kühude	20.50	2:32:06	7:25	13	48:57	49	59:02	40.00	4:56:35	7:24	12	1:33:56	13	23:24
Rhein-Weser-Tur	17.00	2:09:26	7:36	13	41:06	41	48:24	57.00	7:06:01	7:28	12	2:15:02	13	20:42
Kühude	17.00	2:13:12	7:50	11	41:22	33	45:23	74.00	9:19:13	7:33	12	2:56:24	13	16:54
Nasse Wiese	20.50	2:49:31	8:16	9	46:57	31	58:28	94.50	12:08:44	7:42	12	3:43:21	13	7:29
Finish	6.50	40:56	6:17	8	8:35	25	12:52	101.00	12:49:40	7:37	12	3:51:56	39	4:39:56