



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Schurna, Udo

Club: LT Haumannplatz Essen

Number: 601

Course: 101.00 km

101 km Lauf

Category:

Männer M55

Total time: 12:51:45

Speed: 7.85 km/h

Running performance: 7:38 min/km

Rank in course/Total: 43 (of 59)

Rank in course/Men: 40 (of 52)

Best time in course: 8:09:44

Rank in category: 7(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 km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:09:35	6:38	5	18:00	29	40:53	19.50	2:09:35	6:38	7	14:09	1	-
Kühude	20.50	2:23:36	7:00	6	17:03	41	50:32	40.00	4:33:11	6:49	7	29:06	1	-
Rhein-Weser-Tur	17.00	2:12:08	7:46	7	20:28	46	51:06	57.00	6:45:19	7:06	7	49:34	1	-
Kühude	17.00	2:17:00	8:03	8	13:57	42	49:11	74.00	9:02:19	7:19	7	1:03:31	1	-
Nasse Wiese	20.50	2:58:56	8:43	8	20:59	39	1:07:53	94.50	12:01:15	7:37	7	1:24:30	1	-
Finish	6.50	50:30	7:46	9	14:56	50	22:26	101.00	12:51:45	7:38	7	1:39:26	40	4:42:01