



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Drexler, Hans

Club: Lahmsoggen Nation

Number: 667

Course: 101.00 km

101 km Lauf

Category:

Männer M55

Total time: 12:54:37

Speed: 7.82 km/h

Running performance: 7:40 min/km

Rank in course/Total: 45 (of 59)

Rank in course/Men: 41 (of 52)

Best time in course: 8:09:44

Rank in category: 8(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:30:04	7:41	9	38:29	52	1:01:22	19.50	2:30:04	7:41	8	34:38	15	20:29
Kühude	20.50	2:49:30	8:16	9	42:57	52	1:16:26	40.00	5:19:34	7:59	8	1:15:29	15	46:23
Rhein-Weser-Tur	17.00	2:08:05	7:32	6	16:25	40	47:03	57.00	7:27:39	7:51	8	1:31:54	15	42:20
Kühude	17.00	2:05:06	7:21	2	2:03	22	37:17	74.00	9:32:45	7:44	8	1:33:57	15	30:26
Nasse Wiese	20.50	2:42:27	7:55	3	4:30	25	51:24	94.50	12:15:12	7:46	8	1:38:27	15	13:57
Finish	6.50	39:25	6:03	3	3:51	22	11:21	101.00	12:54:37	7:40	8	1:42:18	41	4:44:53