



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Braun, Andreas

Club: Berlin
Number: 604

Course: 101.00 km
101 km Lauf

Category:
Männer M60

Total time: 13:02:48

Speed: 7.74 km/h
Running performance: 7:45 min/km

Rank in course/Total: 48 (of 59)

Rank in course/Men: 43 (of 52)

Best time in course: 8:09:44

Rank in category: 2(of 4)

Best time in the category: 13:01:17

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	2:29:17	7:39	3	16:43	50	1:00:35	19.50	2:29:17	7:39	2	16:43	17	19:42
Kühude	20.50	2:31:13	7:22	3	11:24	46	58:09	40.00	5:00:30	7:30	2	28:07	17	27:19
Rhein-Weser-Tur	17.00	2:13:09	7:49	3	9:59	47	52:07	57.00	7:13:39	7:36	2	34:04	17	28:20
Kühude	17.00	2:19:04	8:10	1	-	43	51:15	74.00	9:32:43	7:44	2	21:42	17	30:24
Nasse Wiese	20.50	2:46:52	8:08	1	-	30	55:49	94.50	12:19:35	7:49	2	2:18	17	18:20
Finish	6.50	43:13	6:38	2	0:01	33	15:09	101.00	13:02:48	7:45	2	1:31	43	4:53:04