



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Hein, Dietmar

Club: LG Warstein-Rüthen

Number: 719

Course: 101.00 km

101 km Lauf

Category:

Männer M45

Total time: 13:08:15

Speed: 7.69 km/h

Running performance: 7:48 min/km

Rank in course/Total: 50 (of 59)

Rank in course/Men: 45 (of 52)

Best time in course: 8:09:44

Rank in category: 9(of 10)

Best time in the category: 8:56:58

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	2:03:39	6:20	7	24:18	23	34:57	19.50	2:03:39	6:20	9	24:18	19	
Kühude	20.50	2:12:47	6:28	8	31:16	23	39:43	40.00	4:16:26	6:24	9	55:34	19	
Rhein-Weser-Tur	17.00	2:10:07	7:39	9	43:27	42	49:05	57.00	6:26:33	6:46	9	1:39:01	19	
Kühude	17.00	2:47:20	9:50	10	1:18:02	52	1:19:31	74.00	9:13:53	7:29	9	2:57:03	19	11:34
Nasse Wiese	20.50	3:06:07	9:04	8	1:01:52	43	1:15:04	94.50	12:20:00	7:49	9	3:58:55	19	18:45
Finish	6.50	48:15	7:25	10	16:05	44	20:11	101.00	13:08:15	7:48	9	4:11:17	45	4:58:31