



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Schlüter, Gabriel**

Club: 100 Marathon Club

Number: 609

Course: 101.00 km

101 km Lauf

Category:

Männer M60

Total time: 13:16:05

Speed: 7.61 km/h

Running performance: 7:53 min/km

Rank in course/Total: 52 (of 59)

Rank in course/Men: 47 (of 52)

Best time in course: 8:09:44

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:30:01	7:41	4	17:27	51	1:01:19	19.50	2:30:01	7:41	3	17:27	21	20:26
Kühude	20.50	2:23:40	7:00	2	3:51	42	50:36	40.00	4:53:41	7:20	3	21:18	21	20:30
Rhein-Weser-Tur	17.00	2:03:10	7:14	1	-	32	42:08	57.00	6:56:51	7:18	3	17:16	21	11:32
Kühude	17.00	2:23:16	8:25	2	4:12	44	55:27	74.00	9:20:07	7:34	3	9:06	21	17:48
Nasse Wiese	20.50	3:07:04	9:07	3	20:12	45	1:16:01	94.50	12:27:11	7:54	3	9:54	21	25:56
Finish	6.50	48:54	7:31	4	5:42	46	20:50	101.00	13:16:05	7:52	3	14:48	47	5:06:21