



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Kliche, Udo

Club: Laufen-in-Lüdo.de

Number: 620

Course: 101.00 km

101 km Lauf

Category:

Männer M40

Total time: 13:20:40

Speed: 7.57 km/h

Running performance: 7:56 min/km

Rank in course/Total: 54 (of 59)

Rank in course/Men: 48 (of 52)

Best time in course: 8:09:44

Rank in category: 7(of 8)

Best time in the category: 9:25:04

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	2:26:42	7:31	8	47:32	49	58:00	19.50	2:26:42	7:31	7	47:02	22	17:07
Kühude	20.50	2:28:49	7:15	7	44:26	45	55:45	40.00	4:55:31	7:23	7	1:31:28	22	22:20
Rhein-Weser-Tur	17.00	2:02:45	7:13	3	28:37	30	41:43	57.00	6:58:16	7:20	7	2:00:05	22	12:57
Kühude	17.00	2:25:45	8:34	6	46:18	45	57:56	74.00	9:24:01	7:37	7	2:46:23	22	21:42
Nasse Wiese	20.50	3:07:40	9:09	8	55:43	47	1:16:37	94.50	12:31:41	7:57	7	3:42:06	22	30:26
Finish	6.50	48:59	7:32	6	13:53	47	20:55	101.00	13:20:40	7:55	7	3:55:36	48	5:10:56