



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Pradetto, Oliver

Club: blau direkt

Number: 612

Course: 101.00 km

101 km Lauf

Category:

Männer M40

Total time: 13:27:55

Speed: 7.50 km/h

Running performance: 8:00 min/km

Rank in course/Total: 55 (of 59)

Rank in course/Men: 49 (of 52)

Best time in course: 8:09:44

Rank in category: 8(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 km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Nasse Wiese	19.50	2:01:10	6:12	4	22:00	21	32:28	19.50	2:01:10	6:12	8	21:30	23		
Kühude	20.50	2:32:08	7:25	8	47:45	50	59:04	40.00	4:33:18	6:49	8	1:09:15	23	0:07	
Rhein-Weser-Tur	17.00	2:24:55	8:31	8	50:47	52	1:03:53	57.00	6:58:13	7:20	8	2:00:02	23	12:54	
Kühude	17.00	2:32:19	8:57	7	52:52	47	1:04:30	74.00	9:30:32	7:42	8	2:52:54	23	28:13	
Nasse Wiese	20.50	3:07:27	9:08	7	55:30	46	1:16:24	94.50	12:37:59	8:01	8	3:48:24	23	36:44	
Finish	6.50	49:56	7:40	7	14:50	48	21:52	101.00	13:27:55	7:59	8	4:02:51	49	5:18:11	