



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

thorschmidt, norbert

Club: tus-breckerfeld

Number: 648

Course: 101.00 km

101 km Lauf

Category:

Männer M60

Total time: 13:48:51

Speed: 7.31 km/h

Running performance: 8:13 min/km

Rank in course/Total: 56 (of 59)

Rank in course/Men: 50 (of 52)

Best time in course: 8:09:44

Rank in category: 4(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	2:19:31	7:09	2	6:57	44	50:49	19.50	2:19:31	7:09	4	6:57	24	9:56
Kühude	20.50	2:32:00	7:24	4	12:11	48	58:56	40.00	4:51:31	7:17	4	19:08	24	18:20
Rhein-Weser-Tur	17.00	2:17:08	8:03	4	13:58	49	56:06	57.00	7:08:39	7:31	4	29:04	24	23:20
Kühude	17.00	2:32:55	8:59	4	13:51	48	1:05:06	74.00	9:41:34	7:51	4	30:33	24	39:15
Nasse Wiese	20.50	3:24:05	9:57	4	37:13	51	1:33:02	94.50	13:05:39	8:18	4	48:22	24	1:04:24
Finish	6.50	43:12	6:38	1	-	32	15:08	101.00	13:48:51	8:12	4	47:34	50	5:39:07