



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Fischer, Michael**

Club: Uerdingen am Rhein

Number: 746

Course: 101.00 km

101 km Lauf

Category:

Männer M45

Total time: 13:52:25

Speed: 7.28 km/h

Running performance: 8:14 min/km

Rank in course/Total: 57 (of 59)

Rank in course/Men: 51 (of 52)

Best time in course: 8:09:44

Rank in category: 10(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	2:26:07	7:29	10	46:46	47	57:25	19.50	2:26:07	7:29	10	46:46	25	16:32
Kühude	20.50	2:31:59	7:24	10	50:28	47	58:55	40.00	4:58:06	7:27	10	1:37:14	25	24:55
Rhein-Weser-Tur	17.00	2:20:33	8:16	10	53:53	50	59:31	57.00	7:18:39	7:41	10	2:31:07	25	33:20
Kühude	17.00	2:38:48	9:20	9	1:09:30	50	1:10:59	74.00	9:57:27	8:04	10	3:40:37	25	55:08
Nasse Wiese	20.50	3:08:53	9:12	9	1:04:38	48	1:17:50	94.50	13:06:20	8:19	10	4:45:15	25	1:05:05
Finish	6.50	46:05	7:05	8	13:55	40	18:01	101.00	13:52:25	8:14	10	4:55:27	51	5:42:41