



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Kortyka, Joachim

Club: 100 Marathon Club

Number: 608

Course: 101.00 km

101 km Lauf

Category:

Männer M55

Total time: 14:15:50

Speed: 7.08 km/h

Running performance: 8:28 min/km

Rank in course/Total: 59 (of 59)

Rank in course/Men: 52 (of 52)

Best time in course: 8:09:44

Rank in category: 9(of 9)

Best time in the category: 11:12:19

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	8	27:56	44	50:49	19.50	2:19:31	7:09	9	24:05	24	9:56
Kühude	20.50	2:34:00	7:30	8	27:27	51	1:00:56	40.00	4:53:31	7:20	9	49:26	26	20:20
Rhein-Weser-Tur	17.00	2:24:09	8:28	9	32:29	51	1:03:07	57.00	7:17:40	7:40	9	1:21:55	26	32:21
Kühude	17.00	2:35:54	9:10	9	32:51	49	1:08:05	74.00	9:53:34	8:01	9	1:54:46	26	51:15
Nasse Wiese	20.50	3:33:49	10:25	9	55:52	52	1:42:46	94.50	13:27:23	8:32	9	2:50:38	26	1:26:08
Finish	6.50	48:27	7:27	7	12:53	45	20:23	101.00	14:15:50	8:28	9	3:03:31	52	6:06:06