



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Prochaska, Jan

Club: LG Nord Berlin Ultrateam

Number: 745

Course: 67.00 km

67 km Lauf

Category:

Männer M45

Total time: 5:42:02

Speed: 11.75 km/h

Running performance: 5:06 min/km

Rank in course/Total: 1 (of 52)

Rank in course/Men: 1 (of 45)

Best time in course: 5:42:02

Rank in category: 1(of 13)

Best time in the category: 5:42:02

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	1:45:31	5:24	1	-	5	7:29	19.50	1:45:31	5:24	1	-	35	
Kühude	20.50	1:52:05	5:28	1	-	5	9:22	40.00	3:37:36	5:26	1	-	35	
Nasse Wiese	20.50	1:38:04	4:47	1	-	1	-	60.50	5:15:40	5:13	1	-	35	
Finish	6.50	26:22	4:03	1	-	1	-	67.00	5:42:02	5:06	1	-	1	-