



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Arndt, Oliver

Club: LC Solbad Ravensberg

Number: 714

Course: 67.00 km

67 km Lauf

Category:

Männer M40

Total time: 5:50:57

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 2 (of 52)

Rank in course/Men: 2 (of 45)

Best time in course: 5:42:02

Rank in category: 1(of 6)

Best time in the category: 5:50:57

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	1:40:09	5:08	1	-	3	2:07	19.50	1:40:09	5:08	1	-	25	
Kühude	20.50	1:43:03	5:01	1	-	2	0:20	40.00	3:23:12	5:04	1	-	25	
Nasse Wiese	20.50	1:54:20	5:34	1	-	2	16:16	60.50	5:17:32	5:14	1	-	25	
Finish	6.50	33:25	5:08	2	0:25	6	7:03	67.00	5:50:57	5:14	1	-	2	8:55