



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Gerigk, Christoph

Club: TV Beckum

Number: 731

Course: 67.00 km

67 km Lauf

Category:

Männer M20

Total time: 5:57:58

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 3 (of 52)

Rank in course/Men: 3 (of 45)

Best time in course: 5:42:02

Rank in category: 1(of 2)

Best time in the category: 5:57:58

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	1:43:48	5:19	1	-	4	5:46	19.50	1:43:48	5:19	1	-	26	
Kühude	20.50	1:49:39	5:20	1	-	4	6:56	40.00	3:33:27	5:20	1	-	26	
Nasse Wiese	20.50	1:56:24	5:40	1	-	4	18:20	60.50	5:29:51	5:27	1	-	26	
Finish	6.50	28:07	4:19	1	-	2	1:45	67.00	5:57:58	5:20	1	-	3	15:56