



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Henze, Günter

Club: SSV Elspe

Number: 775

Course: 42.00 km

42 km Lauf

Category:

Männer M60

Total time: 4:00:55

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 5 (of 36)

Rank in course/Men: 4 (of 30)

Best time in course: 3:40:13

Rank in category: 1(of 1)

Best time in the category: 4:00:55

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	1:48:37	5:34	1	-	7	12:45	19.50	1:48:37	5:34	1	-	27	
Obersorpe	6.50	44:22	6:49	1	-	5	4:53	26.00	2:32:59	5:53	1	-	27	
Finish	16.00	1:27:56	5:29	1	-	4	7:53	42.00	4:00:55	5:44	1	-	5	2:13:55