



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Hakenes, Christian

Club: Tri Club Wuppertal

Number: 787

Course: 42.00 km

42 km Lauf

Category:

Männer M20

Total time: 4:08:54

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 9 (of 36)

Rank in course/Men: 7 (of 30)

Best time in course: 3:40:13

Rank in category: 1(of 2)

Best time in the category: 4:08:54

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	1:50:45	5:40	1	-	11	14:53	19.50	1:50:45	5:40	1	-	24	
Obersorpe	6.50	45:38	7:01	1	-	8	6:09	26.00	2:36:23	6:00	1	-	24	
Finish	16.00	1:32:31	5:46	1	-	5	12:28	42.00	4:08:54	5:55	1	-	8	2:21:54