



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Steinbach, Frank**

Club: Kamen  
Number: 798

Course: 42.00 km  
42 km Lauf

Category:  
Männer M45

Total time: 4:13:23

Speed: 9.95 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 12 (of 36)

Rank in course/Men: 10 (of 30)

Best time in course: 3:40:13

Rank in category: 2(of 7)

Best time in the category: 3:48:13

### 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	1:49:48	5:37	2	5:20	9	13:56	19.50	1:49:48	5:37	2	5:20	20	
Obersorpe	6.50	45:51	7:03	2	5:47	9	6:22	26.00	2:35:39	5:59	2	11:07	21	
Finish	16.00	1:37:44	6:06	3	14:03	8	17:41	42.00	4:13:23	6:01	2	25:10	11	2:26:23