



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|             |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |