



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Heuel, Markus

Club: Kirchhundem

Number: 736

Course: 67.00 km

67 km Lauf

Category:

Männer M40

Total time: 6:55:00

Speed: 9.69 km/h

Running performance: 6:11 min/km

Rank in course/Total: 11 (of 52)

Rank in course/Men: 11 (of 45)

Best time in course: 5:42:02

Rank in category: 4(of 6)

Best time in the category: 5:50:57

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	1:59:36	6:07	4	19:27	15	21:34	19.50	1:59:36	6:07	4	19:27	34	
Kühude	20.50	2:01:21	5:55	4	18:18	10	18:38	40.00	4:00:57	6:01	4	37:45	34	
Nasse Wiese	20.50	2:21:03	6:52	4	26:43	14	42:59	60.50	6:22:00	6:18	4	1:04:28	34	
Finish	6.50	33:00	5:04	1	-	5	6:38	67.00	6:55:00	6:11	4	1:04:03	11	1:12:58