



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

Ziese, Bernd

Club: Münster

Number: 791

Course: 42.00 km

42 km Lauf

Category:

Männer M45

Total time: 4:44:07

Speed: 8.87 km/h

Running performance: 6:46 min/km

Rank in course/Total: 17 (of 36)

Rank in course/Men: 14 (of 30)

Best time in course: 3:40:13

Rank in category: 3(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		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men
Nasse Wiese	19.50	2:08:26	6:35	4	23:58	17	32:34	19.50	2:08:26	6:35	3	23:58	17
Obersorpe	6.50	50:48	7:48	3	10:44	14	11:19	26.00	2:59:14	6:53	3	34:42	17
Finish	16.00	1:44:53	6:33	4	21:12	14	24:50	42.00	4:44:07	6:45	3	55:54	15 2:57:07