



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Holst, Hansi

Club: Endorphinjunkies.de Dortmund

Number: 707

Course: 67.00 km

67 km Lauf

Category:

Männer M50

Total time: 7:16:57

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 19 (of 52)

Rank in course/Men: 19 (of 45)

Best time in course: 5:42:02

Rank in category: 5(of 11)

Best time in the category: 6:12:46

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	2:11:19	6:44	6	31:28	30	33:17	19.50	2:11:19	6:44	5	31:28	42	
Kühude	20.50	2:11:06	6:23	5	21:50	19	28:23	40.00	4:22:25	6:33	5	53:18	42	
Nasse Wiese	20.50	2:20:10	6:50	4	25:00	12	42:06	60.50	6:42:35	6:39	5	1:03:56	42	
Finish	6.50	34:22	5:17	4	2:47	9	8:00	67.00	7:16:57	6:31	5	1:04:11	19	1:34:55