



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Gramann, Andreas

Club: Münster

Number: 800

Course: 42.00 km

42 km Lauf

Category:

Männer M45

Total time: 4:50:35

Speed: 8.67 km/h

Running performance: 6:55 min/km

Rank in course/Total: 20 (of 36)

Rank in course/Men: 17 (of 30)

Best time in course: 3:40:13

Rank in category: 5(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Nasse Wiese	19.50	2:07:26	6:32	3	22:58	16	31:34	19.50	2:07:26	6:32	5	22:58	14	
Obersorpe	6.50	53:12	8:11	5	13:08	16	13:43	26.00	3:00:38	6:56	5	36:06	14	
Finish	16.00	1:49:57	6:52	5	26:16	18	29:54	42.00	4:50:35	6:55	5	1:02:22	18	3:03:35