



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Harff, Volker**

Club: LTMG-Volksgarten

Number: 783

Course: 42.00 km

42 km Lauf

Category:

Männer M50

Total time: 4:59:36

Speed: 8.41 km/h

Running performance: 7:08 min/km

Rank in course/Total: 23 (of 36)

Rank in course/Men: 20 (of 30)

Best time in course: 3:40:13

Rank in category: 6(of 8)

Best time in the category: 4:02:52

### 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       | 2:08:56       | 6:36            | 6           | 27:39          | 19          | 33:04         | 19.50         | 2:08:56       | 6:36            | 6           | 27:39          | 11         |               |
| Obersorpe   | 6.50        | 54:01         | 8:18            | 5           | 9:15           | 18          | 14:32         | 26.00         | 3:02:57       | 7:02            | 6           | 36:54          | 11         |               |
| Finish      | 16.00       | 1:56:39       | 7:17            | 7           | 19:50          | 23          | 36:36         | 42.00         | 4:59:36       | 7:08            | 5           | 56:44          | 20         | 3:12:36       |