



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Hardenack, Frank**

Club: Neuenkleusheim

Number: 632

Course: 101.00 km

101 km Lauf

Category:

Männer M35

Total time: 8:09:44

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 1 (of 59)

Rank in course/Men: 1 (of 52)

Best time in course: 8:09:44

Rank in category: 1(of 4)

Best time in the category: 8:09:44

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Nasse Wiese	19.50	1:28:42	4:32	1	-	1	-	19.50	1:28:42	4:32	1	-	40	
Kühude	20.50	1:33:04	4:32	1	-	1	-	40.00	3:01:46	4:32	1	-	40	
Rhein-Weser-Tur	17.00	1:21:02	4:46	1	-	1	-	57.00	4:22:48	4:36	1	-	40	
Kühude	17.00	1:27:49	5:09	1	-	1	-	74.00	5:50:37	4:44	1	-	40	
Nasse Wiese	20.50	1:51:03	5:25	1	-	1	-	94.50	7:41:40	4:53	1	-	40	
Finish	6.50	28:04	4:19	1	-	1	-	101.00	8:09:44	4:50	1	-	1	-