



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Hakenes, Michael**

Club: Team Viessmann

Number: 786

Course: 42.00 km

42 km Lauf

Category:

Männer M20

Total time: 5:44:05

Speed: 7.32 km/h

Running performance: 8:11 min/km

Rank in course/Total: 32 (of 36)

Rank in course/Men: 26 (of 30)

Best time in course: 3:40:13

Rank in category: 2(of 2)

Best time in the category: 4:08:54

### 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	2:19:13	7:08	2	28:28	24	43:21	19.50	2:19:13	7:08	2	28:28	5	0:20
Obersorpe	6.50	1:03:37	9:47	2	17:59	28	24:08	26.00	3:22:50	7:48	2	46:27	5	11:23
Finish	16.00	2:21:15	8:49	2	48:44	29	1:01:12	42.00	5:44:05	8:11	2	1:35:11	27	3:57:05