



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Hanner, Helmut**

Club: LT-FC 06 Rurdorf

Number: 748

Course: 67.00 km

67 km Lauf

Category:

Männer M40

Total time: 8:51:22

Speed: 7.57 km/h

Running performance: 7:56 min/km

Rank in course/Total: 42 (of 52)

Rank in course/Men: 38 (of 45)

Best time in course: 5:42:02

Rank in category: 5(of 6)

Best time in the category: 5:50:57

### 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	2:33:27	7:52	5	53:18	43	55:25	19.50	2:33:27	7:52	5	53:18	16	8:59
Kühude	20.50	2:41:42	7:53	5	58:39	41	58:59	40.00	5:15:09	7:52	5	1:51:57	16	18:36
Nasse Wiese	20.50	2:51:59	8:23	5	57:39	36	1:13:55	60.50	8:07:08	8:03	5	2:49:36	16	20:44
Finish	6.50	44:14	6:48	5	11:14	35	17:52	67.00	8:51:22	7:55	5	3:00:25	38	3:09:20