



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Haarmann, Peter

Club: SF Ennepetal

Number: 638

Course: 101.00 km

101 km Lauf

Category:

Männer M45

Total time: 8:56:58

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 3 (of 59)

Rank in course/Men: 3 (of 52)

Best time in course: 8:09:44

Rank in category: 1(of 10)

Best time in the category: 8:56:58

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	1:39:21	5:05	1	-	4	10:39	19.50	1:39:21	5:05	1	-	29	
Kühude	20.50	1:41:31	4:57	1	-	2	8:27	40.00	3:20:52	5:01	1	-	29	
Rhein-Weser-Tur	17.00	1:26:40	5:05	1	-	2	5:38	57.00	4:47:32	5:02	1	-	29	
Kühude	17.00	1:29:18	5:15	1	-	2	1:29	74.00	6:16:50	5:05	1	-	29	
Nasse Wiese	20.50	2:04:15	6:03	1	-	4	13:12	94.50	8:21:05	5:18	1	-	29	
Finish	6.50	35:53	5:31	3	3:43	13	7:49	101.00	8:56:58	5:18	1	-	3	47:14