



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Traeder, Martin**

Club: SV Bolzum

Number: 640

Course: 67.00 km

67 km Lauf

Category:

Männer M20

Total time: 9:04:27

Speed: 7.38 km/h

Running performance: 8:08 min/km

Rank in course/Total: 46 (of 52)

Rank in course/Men: 41 (of 45)

Best time in course: 5:42:02

Rank in category: 2(of 2)

Best time in the category: 5:57:58

### 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	2:13:51	6:51	2	30:03	33	35:49	19.50	2:13:51	6:51	2	30:03	19	
Kühude	20.50	2:33:58	7:30	2	44:19	38	51:15	40.00	4:47:49	7:11	2	1:14:22	19	
Nasse Wiese	20.50	3:15:20	9:31	2	1:18:56	40	1:37:16	60.50	8:03:09	7:59	2	2:33:18	19	16:45
Finish	6.50	1:01:18	9:25	2	33:11	45	34:56	67.00	9:04:27	8:07	2	3:06:29	41	3:22:25