



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Gutmann, Hagen**

Club: Essen  
Number: 657

Course: 101.00 km  
101 km Lauf

Category:  
Männer M45

Total time: 9:20:41

Speed: 10.81 km/h  
Running performance: 5:33 min/km

Rank in course/Total: 6 (of 59)

Rank in course/Men: 6 (of 52)

Best time in course: 8:09:44

Rank in category: 2(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	1:47:12	5:29	3	7:51	9	18:30	19.50	1:47:12	5:29	2	7:51	32	
Kühude	20.50	1:48:00	5:16	2	6:29	8	14:56	40.00	3:35:12	5:22	2	14:20	32	
Rhein-Weser-Tur	17.00	1:29:00	5:14	2	2:20	5	7:58	57.00	5:04:12	5:20	2	16:40	32	
Kühude	17.00	1:31:32	5:23	2	2:14	4	3:43	74.00	6:35:44	5:20	2	18:54	32	
Nasse Wiese	20.50	2:12:47	6:28	3	8:32	8	21:44	94.50	8:48:31	5:35	2	27:26	32	
Finish	6.50	32:10	4:56	1	-	3	4:06	101.00	9:20:41	5:33	2	23:43	6	1:10:57