



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Potrafky, Heinz-Joachim

Club: LT TuS Iserlohn

Number: 630

Course: 101.00 km

101 km Lauf

Category:

Männer M40

Total time: 9:25:04

Speed: 10.72 km/h

Running performance: 5:35 min/km

Rank in course/Total: 7 (of 59)

Rank in course/Men: 7 (of 52)

Best time in course: 8:09:44

Rank in category: 1(of 8)

Best time in the category: 9:25:04

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	1:39:40	5:06	2	0:30	6	10:58	19.50	1:39:40	5:06	1	-	33	
Kühude	20.50	1:44:23	5:05	1	-	6	11:19	40.00	3:24:03	5:06	1	-	33	
Rhein-Weser-Tur	17.00	1:34:08	5:32	1	-	6	13:06	57.00	4:58:11	5:13	1	-	33	
Kühude	17.00	1:39:27	5:51	1	-	8	11:38	74.00	6:37:38	5:22	1	-	33	
Nasse Wiese	20.50	2:11:57	6:26	1	-	6	20:54	94.50	8:49:35	5:36	1	-	33	
Finish	6.50	35:29	5:27	2	0:23	10	7:25	101.00	9:25:04	5:35	1	-	7	1:15:20