



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Hartmann, Johannes**

Club: Iserlohn

Number: 605

Course: 101.00 km

101 km Lauf

Category:

Männer M40

Total time: 12:47:00

Speed: 7.90 km/h

Running performance: 7:35 min/km

Rank in course/Total: 40 (of 59)

Rank in course/Men: 38 (of 52)

Best time in course: 8:09:44

Rank in category: 5(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	2:11:53	6:45	7	32:43	34	43:11	19.50	2:11:53	6:45	5	32:13	12	2:18
Kühude	20.50	2:19:57	6:49	5	35:34	38	46:53	40.00	4:31:50	6:47	5	1:07:47	12	
Rhein-Weser-Tur	17.00	2:06:14	7:25	4	32:06	37	45:12	57.00	6:38:04	6:59	5	1:39:53	12	
Kühude	17.00	2:16:41	8:02	5	37:14	40	48:52	74.00	8:54:45	7:13	5	2:17:07	12	
Nasse Wiese	20.50	3:01:22	8:50	4	49:25	40	1:10:19	94.50	11:56:07	7:34	5	3:06:32	12	
Finish	6.50	50:53	7:49	8	15:47	51	22:49	101.00	12:47:00	7:35	5	3:21:56	38	4:37:16