



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch
Bödefeld / 11.05.2013

Detailed evaluation

Völkel, Matthias

Club: Bochum
Number: 3021

Course: 67.00 km
67 km Lauf

Category:
Männer

Total time: 6:23:28

Speed: 10.48 km/h
Running performance: 5:43 min/km

Rank in course/Total: 5 (of 46)

Rank in course/Men: 5 (of 37)

Best time in course: 5:06:44

Rank in category: 1(of 2)

Best time in the category: 6:23:28

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	1:55:57	5:56	1	-	10	25:57	19.50	1:55:57	5:56	1	-	24	
Kühude	20.50	1:55:59	5:39	1	-	7	25:38	40.00	3:51:56	5:47	1	-	24	
Nasse Wiese	20.50	2:01:18	5:55	1	-	6	24:53	60.50	5:53:14	5:50	1	-	24	
Finish	6.50	30:14	4:39	1	-	5	3:35	67.00	6:23:28	5:43	1	-	5	1:16:44