



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

Detailed evaluation

Schmidt, Sebastian

Club: Team Luftwaffe Köln  
Number: 3011

Course: 67.00 km  
67 km Lauf

Category:  
Senioren M35

Total time: 6:25:22

Speed: 10.43 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 6 (of 46)

Rank in course/Men: 6 (of 37)

Best time in course: 5:06:44

Rank in category: 2(of 3)

Best time in the category: 5:43:07

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	1:51:07	5:41	2	4:47	6	21:07	19.50	1:51:07	5:41	2	4:47	25	
Kühude	20.50	1:51:26	5:26	2	21:05	5	21:05	40.00	3:42:33	5:33	2	25:52	25	
Nasse Wiese	20.50	2:09:22	6:18	2	17:09	9	32:57	60.50	5:51:55	5:49	2	43:01	25	
Finish	6.50	33:27	5:08	1	-	8	6:48	67.00	6:25:22	5:45	2	42:15	6	1:18:38