



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Rewig, Adrian

Club: Tri Team Hagen

Number: 3008

Course: 67.00 km

67 km Lauf

Category:

Senioren M30

Total time: 6:31:49

Speed: 10.26 km/h

Running performance: 5:51 min/km

Rank in course/Total: 8 (of 46)

Rank in course/Men: 8 (of 37)

Best time in course: 5:06:44

Rank in category: 1(of 3)

Best time in the category: 6:31:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	1:59:12	6:06	1	-	13	29:12	19.50	1:59:12	6:06	1	-	27	
Kühude	20.50	1:53:37	5:32	1	-	6	23:16	40.00	3:52:49	5:49	1	-	27	
Nasse Wiese	20.50	2:05:07	6:06	1	-	7	28:42	60.50	5:57:56	5:54	1	-	27	
Finish	6.50	33:53	5:12	1	-	10	7:14	67.00	6:31:49	5:50	1	-	8	1:25:05