



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Stolfuss, Uwe

Club: LT Gruiten-Neandertal

Number: 3139

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 6:39:51

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 9 (of 46)

Rank in course/Men: 9 (of 37)

Best time in course: 5:06:44

Rank in category: 3(of 7)

Best time in the category: 5:06:44

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	1:53:52	5:50	3	23:52	7	23:52	19.50	1:53:52	5:50	3	23:52	28	
Kühude	20.50	1:56:04	5:39	3	23:45	8	25:43	40.00	3:49:56	5:44	3	47:37	28	
Nasse Wiese	20.50	2:13:34	6:30	3	35:48	11	37:09	60.50	6:03:30	6:00	3	1:23:25	28	
Finish	6.50	36:21	5:35	4	9:42	17	9:42	67.00	6:39:51	5:58	3	1:33:07	9	1:33:07