



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

## Detailed evaluation

### Stollfuss, 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |
|-------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|
|             |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>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  |