



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Ollig, Arndt

Club: Sengbach Trail Team

Number: 3072

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 6:49:54

Speed: 9.81 km/h

Running performance: 6:07 min/km

Rank in course/Total: 12 (of 46)

Rank in course/Men: 12 (of 37)

Best time in course: 5:06:44

Rank in category: 2(of 6)

Best time in the category: 6:25:52

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	1:55:31	5:55	2	8:45	9	25:31	19.50	1:55:31	5:55	2	8:45	31		
Kühude	20.50	2:02:46	5:59	2	5:34	13	32:25	40.00	3:58:17	5:57	2	14:19	31		
Nasse Wiese	20.50	1:41:34	4:57	1	-	3	5:09	60.50	5:39:51	5:37	2		31		
Finish	6.50	1:10:03	10:46	6	38:50	37	43:24	67.00	6:49:54	6:07	2	24:02	12	1:43:10	