



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

Detailed evaluation

Knop, Andreas

Club: LG DUV
Number: 3001

Course: 67.00 km
67 km Lauf

Category:
Senioren M50

Total time: 6:57:10

Speed: 9.64 km/h
Running performance: 6:14 min/km

Rank in course/Total: 15 (of 46)

Rank in course/Men: 14 (of 37)

Best time in course: 5:06:44

Rank in category: 3(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	2:12:20	6:47	5	25:34	21	42:20	19.50	2:12:20	6:47	3	25:34	33		
Kühude	20.50	2:04:08	6:03	3	6:56	14	33:47	40.00	4:16:28	6:24	3	32:30	33		
Nasse Wiese	20.50	2:06:54	6:11	2	25:20	8	30:29	60.50	6:23:22	6:20	3	28:43	33		
Finish	6.50	33:48	5:11	2	2:35	9	7:09	67.00	6:57:10	6:13	3	31:18	14	1:50:26	