



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

## Detailed evaluation

**Hein, Dietmar**

Club: LG Warstein/Rüthen

Number: 2995

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 7:08:53

Speed: 9.37 km/h

Running performance: 6:24 min/km

Rank in course/Total: 17 (of 46)

Rank in course/Men: 16 (of 37)

Best time in course: 5:06:44

Rank in category: 4(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	2:06:00	6:27	3	19:14	17	36:00	19.50	2:06:00	6:27	4	19:14	35		
Kühude	20.50	2:05:41	6:07	4	8:29	15	35:20	40.00	4:11:41	6:17	4	27:43	35		
Nasse Wiese	20.50	2:22:07	6:55	4	40:33	16	45:42	60.50	6:33:48	6:30	4	39:09	35		
Finish	6.50	35:05	5:23	3	3:52	14	8:26	67.00	7:08:53	6:24	4	43:01	16	2:02:09	