



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Giersberg, Andreas

Club: Stadt Bochum Team

Number: 2991

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 7:11:45

Speed: 9.31 km/h

Running performance: 6:26 min/km

Rank in course/Total: 19 (of 46)

Rank in course/Men: 17 (of 37)

Best time in course: 5:06:44

Rank in category: 5(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	2:00:40	6:11	5	30:40	16	30:40	19.50	2:00:40	6:11	5	30:40	37	
Kühude	20.50	2:08:01	6:14	5	35:42	16	37:40	40.00	4:08:41	6:13	5	1:06:22	37	
Nasse Wiese	20.50	2:26:09	7:07	6	48:23	19	49:44	60.50	6:34:50	6:31	5	1:54:45	37	
Finish	6.50	36:55	5:40	5	10:16	18	10:16	67.00	7:11:45	6:26	5	2:05:01	17	2:05:01