



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Kortekamp, Jochen

Club: Cross+Quer-Team

Number: 2725

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 4:53:39

Speed: 8.58 km/h

Running performance: 6:59 min/km

Rank in course/Total: 33 (of 56)

Rank in course/Men: 31 (of 46)

Best time in course: 3:09:35

Rank in category: 11(of 17)

Best time in the category: 3:40:18

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 | 2:18:33 | 7:06 | 14 | 1:38:02 | 37 | 1:38:02 | 19.50 | 2:18:33 | 7:06 | 11 | 42:04 | 9 | 1:38:02 |
| Finish | 22.50 | 2:35:06 | 6:53 | 10 | 31:17 | 27 | 49:25 | 42.00 | 4:53:39 | 6:59 | 11 | 1:13:21 | 31 | 1:44:04 |