



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

Detailed evaluation

Schürmann, Rolf

Club: WAT läuft Ultra  
 Number: 3155

Course: 67.00 km  
 67 km Lauf

Category:  
 Senioren M40

Total time: 7:26:47

Speed: 9.00 km/h  
 Running performance: 6:40 min/km

Rank in course/Total: 20 (of 46)

Rank in course/Men: 19 (of 37)

Best time in course: 5:06:44

Rank in category: 4(of 11)

Best time in the category: 5:20:45

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	2:11:32	6:44	4	33:41	20	41:32	19.50	2:11:32	6:44	4	33:41	11		
Kühude	20.50	2:10:56	6:23	4	32:21	19	40:35	40.00	4:22:28	6:33	4	1:06:02	11		
Nasse Wiese	20.50	2:29:23	7:17	5	52:58	22	52:58	60.50	6:51:51	6:48	4	1:59:00	11		
Finish	6.50	34:56	5:22	4	7:02	12	8:17	67.00	7:26:47	6:40	4	2:06:02	19	2:20:03	