



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Stein, Michael

Club: TSV 04 Nieder-Mörlen

Number: 3015

Course: 67.00 km

67 km Lauf

Category:

Senioren M30

Total time: 7:34:08

Speed: 8.85 km/h

Running performance: 6:47 min/km

Rank in course/Total: 23 (of 46)

Rank in course/Men: 20 (of 37)

Best time in course: 5:06:44

Rank in category: 2(of 3)

Best time in the category: 6:31:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:18:01	7:04	3	18:49	24	48:01	19.50	2:18:01	7:04	2	18:49	2	
Kühude	20.50	2:12:48	6:28	2	19:11	21	42:27	40.00	4:30:49	6:46	2	38:00	2	
Nasse Wiese	20.50	2:24:04	7:01	2	18:57	17	47:39	60.50	6:54:53	6:51	2	56:57	2	
Finish	6.50	39:15	6:02	3	5:22	22	12:36	67.00	7:34:08	6:46	2	1:02:19	20	2:27:24