



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

Detailed evaluation

Schmidt-Soltau, Peer

Club: 100 Marathon Club  
Number: 3079

Course: 67.00 km  
67 km Lauf

Category:  
Senioren M30

Total time: 7:37:52

Speed: 8.78 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 25 (of 46)

Rank in course/Men: 22 (of 37)

Best time in course: 5:06:44

Rank in category: 3(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.	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	2:09:36	6:38	2	10:24	19	39:36	19.50	2:09:36	6:38	3	10:24	4	
Kühude	20.50	2:17:30	6:42	3	23:53	25	47:09	40.00	4:27:06	6:40	3	34:17	4	
Nasse Wiese	20.50	2:32:07	7:25	3	27:00	24	55:42	60.50	6:59:13	6:55	3	1:01:17	4	
Finish	6.50	38:39	5:56	2	4:46	21	12:00	67.00	7:37:52	6:50	3	1:06:03	22	2:31:08