



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Kowalski, Oliver

Club: Waltroper LC06

Number: 3062

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 8:10:17

Speed: 8.20 km/h

Running performance: 7:19 min/km

Rank in course/Total: 34 (of 46)

Rank in course/Men: 29 (of 37)

Best time in course: 5:06:44

Rank in category: 9(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	2:18:31	7:06	6	40:40	25	48:31	19.50	2:18:31	7:06	9	40:40	1	-
Kühude	20.50	2:13:22	6:30	5	34:47	22	43:01	40.00	4:31:53	6:47	9	1:15:27	1	-
Nasse Wiese	20.50	2:41:51	7:53	9	1:05:26	28	1:05:26	60.50	7:13:44	7:10	9	2:20:53	1	-
Finish	6.50	56:33	8:41	11	28:39	36	29:54	67.00	8:10:17	7:19	9	2:49:32	29	3:03:33