



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

Detailed evaluation

heitfeldt, ulrich

Club: lg hannover
Number: 2996

Course: 67.00 km
67 km Lauf

Category:
Senioren M55

Total time: 8:23:52

Speed: 7.98 km/h
Running performance: 7:31 min/km

Rank in course/Total: 36 (of 46)

Rank in course/Men: 31 (of 37)

Best time in course: 5:06:44

Rank in category: 2(of 2)

Best time in the category: 7:56:48

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	2:26:14	7:29	2	6:38	33	56:14	19.50	2:26:14	7:29	2	6:38	13	7:43
Kühude	20.50	2:25:51	7:06	2	4:28	31	55:30	40.00	4:52:05	7:18	2	11:06	13	20:12
Nasse Wiese	20.50	2:53:49	8:28	2	20:19	30	1:17:24	60.50	7:45:54	7:42	2	31:25	13	32:10
Finish	6.50	37:58	5:50	1	-	20	11:19	67.00	8:23:52	7:31	2	27:04	31	3:17:08