



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Jansen, Rolf

Club: Hagen

Number: 3054

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 8:33:50

Speed: 7.82 km/h

Running performance: 7:40 min/km

Rank in course/Total: 38 (of 46)

Rank in course/Men: 33 (of 37)

Best time in course: 5:06:44

Rank in category: 11(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	2:22:47	7:19	10	44:56	31	52:47	19.50	2:22:47	7:19	11	44:56	15	4:16
Kühude	20.50	2:30:08	7:19	11	51:33	32	59:47	40.00	4:52:55	7:19	11	1:36:29	15	21:02
Nasse Wiese	20.50	2:55:24	8:33	11	1:18:59	33	1:18:59	60.50	7:48:19	7:44	11	2:55:28	15	34:35
Finish	6.50	45:31	7:00	10	17:37	32	18:52	67.00	8:33:50	7:40	11	3:13:05	33	3:27:06