



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Gratkowski, Michael

Club: DJK Preussen 1911 Bochum

Number: 3040

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 8:45:09

Speed: 7.65 km/h

Running performance: 7:50 min/km

Rank in course/Total: 39 (of 46)

Rank in course/Men: 34 (of 37)

Best time in course: 5:06:44

Rank in category: 6(of 6)

Best time in the category: 6:25:52

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	2:25:20	7:27	6	38:34	32	55:20	19.50	2:25:20	7:27	6	38:34	16	6:49
Kühude	20.50	2:39:33	7:46	6	42:21	36	1:09:12	40.00	5:04:53	7:37	6	1:20:55	16	33:00
Nasse Wiese	20.50	2:54:50	8:31	5	1:13:16	31	1:18:25	60.50	7:59:43	7:55	6	2:05:04	16	45:59
Finish	6.50	45:26	6:59	5	14:13	31	18:47	67.00	8:45:09	7:50	6	2:19:17	34	3:38:25