



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

Detailed evaluation

Schoiber, Oliver

Club: PV Triathlon Witten
Number: 3081

Course: 101.00 km
101 km Lauf

Category:
Senioren M40

Total time: 8:58:12

Speed: 11.26 km/h
Running performance: 5:20 min/km

Rank in course/Total: 1 (of 79)

Rank in course/Men: 1 (of 65)

Best time in course: 8:58:12

Rank in category: 1(of 8)

Best time in the category: 8:58:12

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	1:38:45	5:03	1	-	1	-	19.50	1:38:45	5:03	1	-	50	
Kühude	20.50	1:44:23	5:05	1	-	1	-	40.00	3:23:08	5:04	1	-	50	
Rhein-Weser-Tur	17.00	1:25:55	5:03	1	-	1	-	57.00	4:49:03	5:04	1	-	50	
Kühude	17.00	1:31:15	5:22	1	-	1	-	74.00	6:20:18	5:08	1	-	50	
Nasse Wiese	20.50	2:05:43	6:07	1	-	1	-	94.50	8:26:01	5:21	1	-	50	
Finish	6.50	32:11	4:57	1	-	3	1:16	101.00	8:58:12	5:19	1	-	1	-