



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

Detailed evaluation

Heite, Meinolf

Club: TuS Wallenstein
Number: 3160

Course: 67.00 km
67 km Lauf

Category:
Männer

Total time: 9:14:55

Speed: 7.24 km/h
Running performance: 8:17 min/km

Rank in course/Total: 42 (of 46)

Rank in course/Men: 36 (of 37)

Best time in course: 5:06:44

Rank in category: 2(of 2)

Best time in the category: 6:23:28

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	2:31:33	7:46	2	35:36	34	1:01:33	19.50	2:31:33	7:46	2	35:36	19	13:02
Kühude	20.50	2:40:41	7:50	2	44:42	37	1:10:20	40.00	5:12:14	7:48	2	1:20:18	19	40:21
Nasse Wiese	20.50	3:15:53	9:33	2	1:14:35	37	1:39:28	60.50	8:28:07	8:23	2	2:34:53	19	1:14:23
Finish	6.50	46:48	7:11	2	16:34	33	20:09	67.00	9:14:55	8:16	2	2:51:27	36	4:08:11