



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

Detailed evaluation

Haarmann, Peter

Club: SF Ennepetal
Number: 3133

Course: 101.00 km
101 km Lauf

Category:
Senioren M45

Total time: 9:26:16

Speed: 10.70 km/h
Running performance: 5:37 min/km

Rank in course/Total: 2 (of 79)

Rank in course/Men: 2 (of 65)

Best time in course: 8:58:12

Rank in category: 1(of 18)

Best time in the category: 9:26:16

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	1:38:46	5:03	1	-	2	0:01	19.50	1:38:46	5:03	10	-	35	-
Kühude	20.50	1:44:33	5:05	1	-	2	0:10	40.00	3:23:19	5:04	10	-	35	-
Rhein-Weser-Tur	17.00	1:30:25	5:19	1	-	2	4:30	57.00	4:53:44	5:09	10	-	35	-
Kühude	17.00	1:41:07	5:56	1	-	3	9:52	74.00	6:34:51	5:20	10	-	35	-
Nasse Wiese	20.50	2:15:18	6:36	1	-	4	9:35	94.50	8:50:09	5:36	10	-	35	-
Finish	6.50	36:07	5:33	2	2:31	12	5:12	101.00	9:26:16	5:36	1	-	2	28:04