



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

Detailed evaluation

Gralka, Robert

Club: Tri Sport Menden
Number: 3039

Course: 101.00 km
101 km Lauf

Category:
Senioren M40

Total time: 9:36:01

Speed: 10.52 km/h
Running performance: 5:42 min/km

Rank in course/Total: 3 (of 79)

Rank in course/Men: 3 (of 65)

Best time in course: 8:58:12

Rank in category: 2(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.	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	1:49:36	5:37	3	10:51	4	10:51	19.50	1:49:36	5:37	2	10:51	36	
Kühude	20.50	1:52:17	5:28	3	7:54	4	7:54	40.00	3:41:53	5:32	2	18:45	36	
Rhein-Weser-Tur	17.00	1:35:23	5:36	3	9:28	4	9:28	57.00	5:17:16	5:33	2	28:13	36	
Kühude	17.00	1:37:38	5:44	2	6:23	2	6:23	74.00	6:54:54	5:36	2	34:36	36	
Nasse Wiese	20.50	2:07:57	6:14	2	2:14	2	2:14	94.50	9:02:51	5:44	2	36:50	36	
Finish	6.50	33:10	5:06	4	0:59	7	2:15	101.00	9:36:01	5:42	2	37:49	3	37:49