



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 |