



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

Detailed evaluation

bartkowski, markus

Club: Herford
Number: 3026

Course: 101.00 km
101 km Lauf

Category:
Senioren M40

Total time: 9:59:40

Speed: 10.11 km/h
Running performance: 5:56 min/km

Rank in course/Total: 6 (of 79)

Rank in course/Men: 5 (of 65)

Best time in course: 8:58:12

Rank in category: 4(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	1:53:22	5:48	5	14:37	7	14:37	19.50	1:53:22	5:48	4	14:37	38	
Kühude	20.50	1:53:06	5:31	4	8:43	5	8:43	40.00	3:46:28	5:39	4	23:20	38	
Rhein-Weser-Tur	17.00	1:38:14	5:46	4	12:19	6	12:19	57.00	5:24:42	5:41	4	35:39	38	
Kühude	17.00	1:44:05	6:07	3	12:50	6	12:50	74.00	7:08:47	5:47	4	48:29	38	
Nasse Wiese	20.50	2:18:23	6:45	3	12:40	5	12:40	94.50	9:27:10	6:00	4	1:01:09	38	
Finish	6.50	32:30	5:00	3	0:19	6	1:35	101.00	9:59:40	5:56	4	1:01:28	5	1:01:28