



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

Detailed evaluation

Geyer, Andreas

Club: TV Attendorf
Number: 3151

Course: 101.00 km
101 km Lauf

Category:
Senioren M45

Total time: 10:11:36

Speed: 9.91 km/h
Running performance: 6:04 min/km

Rank in course/Total: 8 (of 79)

Rank in course/Men: 7 (of 65)

Best time in course: 8:58:12

Rank in category: 2(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	1:57:52	6:02	3	19:06	9	19:07	19.50	1:57:52	6:02	18		40	
Kühude	20.50	1:54:47	5:35	2	10:14	7	10:24	40.00	3:52:39	5:48	18		40	
Rhein-Weser-Tur	17.00	1:35:55	5:38	2	5:30	5	10:00	57.00	5:28:34	5:45	18		40	
Kühude	17.00	1:43:16	6:04	2	2:09	5	12:01	74.00	7:11:50	5:50	18		40	
Nasse Wiese	20.50	2:26:10	7:07	3	10:52	8	20:27	94.50	9:38:00	6:06	18		40	
Finish	6.50	33:36	5:10	1	-	8	2:41	101.00	10:11:36	6:03	2	45:20	7	1:13:24