



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

Detailed evaluation

Arndt, Oliver

Club: BSG Springorum Bochum
Number: 3024

Course: 101.00 km
101 km Lauf

Category:
Senioren M40

Total time: 10:35:58

Speed: 9.53 km/h
Running performance: 6:18 min/km

Rank in course/Total: 10 (of 79)

Rank in course/Men: 8 (of 65)

Best time in course: 8:58:12

Rank in category: 5(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	1:51:07	5:41	4	12:22	5	12:22	19.50	1:51:07	5:41	5	12:22	41	
Kühude	20.50	1:53:28	5:32	5	9:05	6	9:05	40.00	3:44:35	5:36	5	21:27	41	
Rhein-Weser-Tur	17.00	1:43:58	6:06	5	18:03	9	18:03	57.00	5:28:33	5:45	5	39:30	41	
Kühude	17.00	1:53:37	6:40	5	22:22	16	22:22	74.00	7:22:10	5:58	5	1:01:52	41	
Nasse Wiese	20.50	2:36:34	7:38	5	30:51	20	30:51	94.50	9:58:44	6:20	5	1:32:43	41	
Finish	6.50	37:14	5:43	5	5:03	17	6:19	101.00	10:35:58	6:17	5	1:37:46	8	1:37:46