



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

Detailed evaluation

Heuel, Markus

Club: Kirchhundem  
Number: 3049

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M45

Total time: 10:37:21

Speed: 9.51 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 11 (of 79)

Rank in course/Men: 9 (of 65)

Best time in course: 8:58:12

Rank in category: 3(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	2:00:14	6:09	4	21:28	12	21:29	19.50	2:00:14	6:09	17		42	
Kühude	20.50	2:00:09	5:51	3	15:36	9	15:46	40.00	4:00:23	6:00	17		42	
Rhein-Weser-Tur	17.00	1:46:28	6:15	3	16:03	13	20:33	57.00	5:46:51	6:05	17		42	
Kühude	17.00	1:52:20	6:36	4	11:13	14	21:05	74.00	7:39:11	6:12	17		42	
Nasse Wiese	20.50	2:21:04	6:52	2	5:46	6	15:21	94.50	10:00:15	6:21	17		42	
Finish	6.50	37:06	5:42	3	3:30	16	6:11	101.00	10:37:21	6:18	3	1:11:05	9	1:39:09