



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

Detailed evaluation

Hövels, Eberhard

Club: AarseeRunners  
Number: 3051

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M60

Total time: 10:48:18

Speed: 9.35 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 12 (of 79)

Rank in course/Men: 10 (of 65)

Best time in course: 8:58:12

Rank in category: 1(of 3)

Best time in the category: 10:48:18

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	2:02:05	6:15	1	-	13	23:20	19.50	2:02:05	6:15	1	-	43	
Kühude	20.50	2:07:21	6:12	1	-	18	22:58	40.00	4:09:26	6:14	1	-	43	
Rhein-Weser-Tur	17.00	1:43:39	6:05	1	-	8	17:44	57.00	5:53:05	6:11	1	-	43	
Kühude	17.00	1:44:58	6:10	1	-	8	13:43	74.00	7:38:03	6:11	1	-	43	
Nasse Wiese	20.50	2:29:18	7:16	1	-	11	23:35	94.50	10:07:21	6:25	1	-	43	
Finish	6.50	40:57	6:18	1	-	29	10:02	101.00	10:48:18	6:25	1	-	10	1:50:06