



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

Detailed evaluation

Klesse, Michael

Club: Team Jobcenter Osnabrück
Number: 3057

Course: 101.00 km
101 km Lauf

Category:
Senioren M50

Total time: 10:50:13

Speed: 9.32 km/h
Running performance: 6:26 min/km

Rank in course/Total: 13 (of 79)

Rank in course/Men: 11 (of 65)

Best time in course: 8:58:12

Rank in category: 1(of 20)

Best time in the category: 10:50:13

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	1:53:07	5:48	1	-	6	14:22	19.50	1:53:07	5:48	11	-	11	44
Kühude	20.50	2:01:48	5:56	2	1:02	11	17:25	40.00	3:54:55	5:52	11	-	11	44
Rhein-Weser-Tur	17.00	1:51:26	6:33	5	5:45	20	25:31	57.00	5:46:21	6:04	11	-	11	44
Kühude	17.00	1:50:04	6:28	3	4:53	12	18:49	74.00	7:36:25	6:10	11	-	11	44
Nasse Wiese	20.50	2:34:20	7:31	6	6:17	18	28:37	94.50	10:10:45	6:27	11	-	11	44
Finish	6.50	39:28	6:04	7	8:33	23	8:33	101.00	10:50:13	6:26	1	-	11	1:52:01