



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

Detailed evaluation

Niemann, Detlev

Club: BTC Herne
Number: 3071

Course: 101.00 km
101 km Lauf

Category:
Senioren M50

Total time: 10:59:05

Speed: 9.19 km/h
Running performance: 6:32 min/km

Rank in course/Total: 14 (of 79)

Rank in course/Men: 12 (of 65)

Best time in course: 8:58:12

Rank in category: 2(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:09:23	6:38	5	16:16	23	30:38	19.50	2:09:23	6:38	20		45	2:51
Kühude	20.50	2:08:45	6:16	5	7:59	21	24:22	40.00	4:18:08	6:27	20		45	
Rhein-Weser-Tur	17.00	1:49:32	6:26	4	3:51	17	23:37	57.00	6:07:40	6:27	20		45	
Kühude	17.00	1:49:56	6:28	2	4:45	11	18:41	74.00	7:57:36	6:27	20		45	
Nasse Wiese	20.50	2:30:34	7:20	2	2:31	12	24:51	94.50	10:28:10	6:38	20		45	
Finish	6.50	30:55	4:45	1	-	1	-	101.00	10:59:05	6:31	2	8:52	12	2:00:53