



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

Detailed evaluation

Rollwage, Stephan

Club: RSV-Germania-Heene  
Number: 3102

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M50

Total time: 10:59:41

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

Rank in course/Total: 15 (of 79)

Rank in course/Men: 13 (of 65)

Best time in course: 8:58:12

Rank in category: 3(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Nasse Wiese	19.50	2:13:42	6:51	9	20:35	35	34:57	19.50	2:13:42	6:51	19		46	7:10
Kühude	20.50	2:08:38	6:16	4	7:52	20	24:15	40.00	4:22:20	6:33	19		46	
Rhein-Weser-Tur	17.00	1:46:03	6:14	2	0:22	12	20:08	57.00	6:08:23	6:27	19		46	
Kühude	17.00	1:51:31	6:33	4	6:20	13	20:16	74.00	7:59:54	6:29	19		46	
Nasse Wiese	20.50	2:28:03	7:13	1	-	9	22:20	94.50	10:27:57	6:38	19		46	
Finish	6.50	31:44	4:52	2	0:49	2	0:49	101.00	10:59:41	6:31	3	9:28	13	2:01:29