



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

Detailed evaluation

Lech, Hardy

Club: Coaching&Supervision Oberhausen
Number: 3064

Course: 101.00 km
101 km Lauf

Category:
Senioren M55

Total time: 11:00:38

Speed: 9.17 km/h
Running performance: 6:32 min/km

Rank in course/Total: 16 (of 79)

Rank in course/Men: 14 (of 65)

Best time in course: 8:58:12

Rank in category: 1(of 7)

Best time in the category: 11:00:38

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	2:12:12	6:46	3	2:54	30	33:27	19.50	2:12:12	6:46	1	-	47	5:40
Kühude	20.50	2:06:28	6:10	1	-	15	22:05	40.00	4:18:40	6:28	1	-	47	
Rhein-Weser-Tur	17.00	1:49:31	6:26	1	-	16	23:36	57.00	6:08:11	6:27	1	-	47	
Kühude	17.00	1:53:27	6:40	1	-	15	22:12	74.00	8:01:38	6:30	1	-	47	
Nasse Wiese	20.50	2:22:54	6:58	1	-	7	17:11	94.50	10:24:32	6:36	1	-	47	
Finish	6.50	36:06	5:33	1	-	11	5:11	101.00	11:00:38	6:32	1	-	14	2:02:26