



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

Detailed evaluation

Wild, Rolf

Club: TV Eckersmühlen
Number: 3092

Course: 101.00 km
101 km Lauf

Category:
Senioren M50

Total time: 11:02:04

Speed: 9.15 km/h
Running performance: 6:34 min/km

Rank in course/Total: 17 (of 79)

Rank in course/Men: 15 (of 65)

Best time in course: 8:58:12

Rank in category: 4(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	2:06:23	6:28	4	13:16	19	27:38	19.50	2:06:23	6:28	18		48	
Kühude	20.50	2:00:46	5:53	1	-	10	16:23	40.00	4:07:09	6:10	18		48	
Rhein-Weser-Tur	17.00	1:45:41	6:13	1	-	10	19:46	57.00	5:52:50	6:11	18		48	
Kühude	17.00	1:45:11	6:11	1	-	9	13:56	74.00	7:38:01	6:11	18		48	
Nasse Wiese	20.50	2:43:36	7:58	8	15:33	22	37:53	94.50	10:21:37	6:34	18		48	
Finish	6.50	40:27	6:13	9	9:32	27	9:32	101.00	11:02:04	6:33	4	11:51	15	2:03:52