



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Suffrian, Andreas

Club: Fintel - Lüneburger Heide

Number: 3087

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 11:03:32

Speed: 9.13 km/h

Running performance: 6:34 min/km

Rank in course/Total: 18 (of 79)

Rank in course/Men: 16 (of 65)

Best time in course: 8:58:12

Rank in category: 5(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	2:04:14	6:22	3	11:07	17	25:29	19.50	2:04:14	6:22	17		49	
Kühude	20.50	2:06:59	6:11	3	6:13	17	22:36	40.00	4:11:13	6:16	17		49	
Rhein-Weser-Tur	17.00	1:48:54	6:24	3	3:13	15	22:59	57.00	6:00:07	6:19	17		49	
Kühude	17.00	1:55:28	6:47	5	10:17	17	24:13	74.00	7:55:35	6:25	17		49	
Nasse Wiese	20.50	2:30:58	7:21	3	2:55	13	25:15	94.50	10:26:33	6:37	17		49	
Finish	6.50	36:59	5:41	5	6:04	15	6:04	101.00	11:03:32	6:34	5	13:19	16	2:05:20