



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

Detailed evaluation

Scholze, Andreas

Club: TV Düsseldorf-Grafenberg
Number: 3082

Course: 101.00 km
101 km Lauf

Category:
Senioren M45

Total time: 11:17:22

Speed: 8.95 km/h
Running performance: 6:43 min/km

Rank in course/Total: 21 (of 79)

Rank in course/Men: 17 (of 65)

Best time in course: 8:58:12

Rank in category: 4(of 18)

Best time in the category: 9:26:16

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	2:06:02	6:27	5	27:16	18	27:17	19.50	2:06:02	6:27	16		34	
Kühude	20.50	2:11:06	6:23	7	26:33	26	26:43	40.00	4:17:08	6:25	16		34	
Rhein-Weser-Tur	17.00	1:48:11	6:21	4	17:46	14	22:16	57.00	6:05:19	6:24	16		34	
Kühude	17.00	1:48:21	6:22	3	7:14	10	17:06	74.00	7:53:40	6:24	16		34	
Nasse Wiese	20.50	2:32:21	7:25	4	17:03	14	26:38	94.50	10:26:01	6:37	16		34	
Finish	6.50	51:21	7:54	12	17:45	53	20:26	101.00	11:17:22	6:42	4	1:51:06	17	2:19:10