



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

Detailed evaluation

Kaufmann, Rolf

Club: TV Attendorn
Number: 3142

Course: 101.00 km
101 km Lauf

Category:
Senioren M50

Total time: 11:23:21

Speed: 8.87 km/h
Running performance: 6:46 min/km

Rank in course/Total: 22 (of 79)

Rank in course/Men: 18 (of 65)

Best time in course: 8:58:12

Rank in category: 6(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	2:03:54	6:21	2	10:47	16	25:09	19.50	2:03:54	6:21	16		51	
Kühude	20.50	2:10:30	6:21	6	9:44	23	26:07	40.00	4:14:24	6:21	16		51	
Rhein-Weser-Tur	17.00	1:56:48	6:52	8	11:07	26	30:53	57.00	6:11:12	6:30	16		51	
Kühude	17.00	2:02:46	7:13	9	17:35	26	31:31	74.00	8:13:58	6:40	16		51	
Nasse Wiese	20.50	2:34:11	7:31	5	6:08	17	28:28	94.50	10:48:09	6:51	16		51	
Finish	6.50	35:12	5:24	3	4:17	9	4:17	101.00	11:23:21	6:45	6	33:08	18	2:25:09