



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

Detailed evaluation

Wantier, Dirk

Club: Team Erdinger Alkoholfrei
Number: 3091

Course: 101.00 km
101 km Lauf

Category:
Senioren M35

Total time: 11:23:21

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

Rank in course/Total: 23 (of 79)

Rank in course/Men: 18 (of 65)

Best time in course: 8:58:12

Rank in category: 1(of 5)

Best time in the category: 11:23:21

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	2:11:56	6:45	4	11:45	27	33:11	19.50	2:11:56	6:45	1	-	52	5:24
Kühude	20.50	2:08:30	6:16	2	5:41	19	24:07	40.00	4:20:26	6:30	1	-	52	
Rhein-Weser-Tur	17.00	1:50:49	6:31	2	5:08	18	24:54	57.00	6:11:15	6:30	1	-	52	
Kühude	17.00	2:02:04	7:10	1	-	22	30:49	74.00	8:13:19	6:39	1	-	52	
Nasse Wiese	20.50	2:33:08	7:28	1	-	15	27:25	94.50	10:46:27	6:50	1	-	52	
Finish	6.50	36:54	5:40	2	1:09	14	5:59	101.00	11:23:21	6:45	1	-	18	2:25:09