



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

Detailed evaluation

Pirl, Andreas

Club: Leichlingen
Number: 3076

Course: 101.00 km
101 km Lauf

Category:
Senioren M35

Total time: 11:25:36

Speed: 8.84 km/h
Running performance: 6:47 min/km

Rank in course/Total: 26 (of 79)

Rank in course/Men: 21 (of 65)

Best time in course: 8:58:12

Rank in category: 2(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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Nasse Wiese	19.50	2:02:08	6:15	2	1:57	14	23:23	19.50	2:02:08	6:15	2		54	
Kühude	20.50	2:10:24	6:21	3	7:35	22	26:01	40.00	4:12:32	6:18	2		54	
Rhein-Weser-Tur	17.00	1:45:41	6:13	1	-	10	19:46	57.00	5:58:13	6:17	2		54	
Kühude	17.00	2:02:55	7:13	2	0:51	27	31:40	74.00	8:01:08	6:30	2		54	
Nasse Wiese	20.50	2:48:43	8:13	2	15:35	25	43:00	94.50	10:49:51	6:52	2	3:24	54	
Finish	6.50	35:45	5:30	1	-	10	4:50	101.00	11:25:36	6:47	2	2:15	21	2:27:24