



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

Detailed evaluation

Einhaus, Herbert

Club: Schüttorf
Number: 3036

Course: 101.00 km
101 km Lauf

Category:
Senioren M50

Total time: 11:32:11

Speed: 8.75 km/h
Running performance: 6:51 min/km

Rank in course/Total: 27 (of 79)

Rank in course/Men: 22 (of 65)

Best time in course: 8:58:12

Rank in category: 7(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	2:12:12	6:46	7	19:05	30	33:27	19.50	2:12:12	6:46	15		47	5:40
Kühude	20.50	2:11:01	6:23	8	10:15	25	26:38	40.00	4:23:13	6:34	15		55	
Rhein-Weser-Tur	17.00	1:52:14	6:36	7	6:33	23	26:19	57.00	6:15:27	6:35	15		55	
Kühude	17.00	2:00:48	7:06	6	15:37	20	29:33	74.00	8:16:15	6:42	15		55	
Nasse Wiese	20.50	2:39:05	7:45	7	11:02	21	33:22	94.50	10:55:20	6:56	15		55	
Finish	6.50	36:51	5:40	4	5:56	13	5:56	101.00	11:32:11	6:51	7	41:58	22	2:33:59