



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

Detailed evaluation

Pirl, Stephan

Club: Dietzenbach
Number: 3077

Course: 101.00 km
101 km Lauf

Category:
Senioren M35

Total time: 11:39:21

Speed: 8.67 km/h
Running performance: 6:55 min/km

Rank in course/Total: 28 (of 79)

Rank in course/Men: 23 (of 65)

Best time in course: 8:58:12

Rank in category: 3(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	2:00:11	6:09	1	-	11	21:26	19.50	2:00:11	6:09	3		56	
Kühude	20.50	2:02:49	5:59	1	-	12	18:26	40.00	4:03:00	6:04	3		56	
Rhein-Weser-Tur	17.00	1:52:19	6:36	3	6:38	25	26:24	57.00	5:55:19	6:14	3		56	
Kühude	17.00	2:06:07	7:25	3	4:03	29	34:52	74.00	8:01:26	6:30	3		56	
Nasse Wiese	20.50	2:53:48	8:28	3	20:40	32	48:05	94.50	10:55:14	6:56	3	8:47	56	
Finish	6.50	44:07	6:47	4	8:22	37	13:12	101.00	11:39:21	6:55	3	16:00	23	2:41:09