



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

Detailed evaluation

Fritz, Rainer

Club: DUV

Number: 3038

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 11:49:01

Speed: 8.55 km/h

Running performance: 7:01 min/km

Rank in course/Total: 29 (of 79)

Rank in course/Men: 24 (of 65)

Best time in course: 8:58:12

Rank in category: 8(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:19:17	7:08	10	26:10	37	40:32	19.50	2:19:17	7:08	14		57	12:45
Kühude	20.50	2:16:37	6:39	10	15:51	29	32:14	40.00	4:35:54	6:53	14		57	9:03
Rhein-Weser-Tur	17.00	1:58:19	6:57	9	12:38	29	32:24	57.00	6:34:13	6:54	14		57	0:03
Kühude	17.00	2:01:50	7:09	7	16:39	21	30:35	74.00	8:36:03	6:58	14		57	
Nasse Wiese	20.50	2:33:48	7:30	4	5:45	16	28:05	94.50	11:09:51	7:05	14		57	
Finish	6.50	39:10	6:01	6	8:15	22	8:15	101.00	11:49:01	7:01	8	58:48	24	2:50:49