



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

Detailed evaluation

Wille, Thomas

Club: LG Emsdetten
Number: 3094

Course: 101.00 km
101 km Lauf

Category:
Senioren M45

Total time: 11:50:56

Speed: 8.52 km/h
Running performance: 7:02 min/km

Rank in course/Total: 30 (of 79)

Rank in course/Men: 25 (of 65)

Best time in course: 8:58:12

Rank in category: 6(of 18)

Best time in the category: 9:26:16

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	2:12:06	6:46	8	33:20	29	33:21	19.50	2:12:06	6:46	14	5:34	58	5:34
Kühude	20.50	2:06:58	6:11	6	22:25	16	22:35	40.00	4:19:04	6:28	14		58	
Rhein-Weser-Tur	17.00	1:52:14	6:36	7	21:49	23	26:19	57.00	6:11:18	6:30	14		58	
Kühude	17.00	2:08:06	7:32	9	26:59	34	36:51	74.00	8:19:24	6:44	14		58	
Nasse Wiese	20.50	2:52:02	8:23	6	36:44	28	46:19	94.50	11:11:26	7:06	14		58	
Finish	6.50	39:30	6:04	4	5:54	24	8:35	101.00	11:50:56	7:02	6	2:24:40	25	2:52:44