



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

Detailed evaluation

Heissing, Peter

Club: SuS Gruen-Weiss Kalkar  
Number: 3132

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M45

Total time: 11:57:38

Speed: 8.44 km/h  
Running performance: 7:07 min/km

Rank in course/Total: 31 (of 79)

Rank in course/Men: 26 (of 65)

Best time in course: 8:58:12

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:22:06	7:17	12	43:20	45	43:21	19.50	2:22:06	7:17	13	15:34	59	15:34
Kühude	20.50	2:17:51	6:43	8	33:18	31	33:28	40.00	4:39:57	6:59	13	13:06	59	13:06
Rhein-Weser-Tur	17.00	1:51:27	6:33	6	21:02	21	25:32	57.00	6:31:24	6:51	13		59	
Kühude	17.00	1:58:54	6:59	6	17:47	19	27:39	74.00	8:30:18	6:53	13		59	
Nasse Wiese	20.50	2:47:02	8:08	5	31:44	23	41:19	94.50	11:17:20	7:10	13		59	
Finish	6.50	40:18	6:11	5	6:42	26	9:23	101.00	11:57:38	7:06	7	2:31:22	26	2:59:26