



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

Detailed evaluation

Braun, Andreas

Club: SG Zons  
Number: 3031

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M50

Total time: 12:02:15

Speed: 8.39 km/h  
Running performance: 7:09 min/km

Rank in course/Total: 32 (of 79)

Rank in course/Men: 27 (of 65)

Best time in course: 8:58:12

Rank in category: 9(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	2:12:52	6:48	8	19:45	33	34:07	19.50	2:12:52	6:48	13		60	6:20
Kühude	20.50	2:10:48	6:22	7	10:02	24	26:25	40.00	4:23:40	6:35	13		60	
Rhein-Weser-Tur	17.00	1:52:01	6:35	6	6:20	22	26:06	57.00	6:15:41	6:35	13		60	
Kühude	17.00	2:02:23	7:11	8	17:12	23	31:08	74.00	8:18:04	6:43	13		60	
Nasse Wiese	20.50	3:04:02	8:58	14	35:59	46	58:19	94.50	11:22:06	7:13	13		60	
Finish	6.50	40:09	6:10	8	9:14	25	9:14	101.00	12:02:15	7:09	9	1:12:02	27	3:04:03