



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

Detailed evaluation

Hackenthal, Matthias

Club: Berlin
Number: 3044

Course: 101.00 km
101 km Lauf

Category:
Senioren M50

Total time: 12:05:51

Speed: 8.35 km/h
Running performance: 7:11 min/km

Rank in course/Total: 34 (of 79)

Rank in course/Men: 29 (of 65)

Best time in course: 8:58:12

Rank in category: 10(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	2:11:32	6:44	6	18:25	26	32:47	19.50	2:11:32	6:44	12		62	5:00
Kühude	20.50	2:13:46	6:31	9	13:00	28	29:23	40.00	4:25:18	6:37	12		62	
Rhein-Weser-Tur	17.00	1:59:15	7:00	10	13:34	31	33:20	57.00	6:24:33	6:44	12		62	
Kühude	17.00	2:09:01	7:35	12	23:50	35	37:46	74.00	8:33:34	6:56	12		62	
Nasse Wiese	20.50	2:49:35	8:16	9	21:32	27	43:52	94.50	11:23:09	7:13	12		62	
Finish	6.50	42:42	6:34	10	11:47	34	11:47	101.00	12:05:51	7:11	10	1:15:38	29	3:07:39