



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

Detailed evaluation

Lohrke, Ralf

Club: Werne
Number: 3149

Course: 101.00 km
101 km Lauf

Category:
Senioren M45

Total time: 12:11:29

Speed: 8.28 km/h
Running performance: 7:14 min/km

Rank in course/Total: 37 (of 79)

Rank in course/Men: 31 (of 65)

Best time in course: 8:58:12

Rank in category: 8(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	2:07:08	6:31	7	28:22	21	28:23	19.50	2:07:08	6:31	12	0:36	64	0:36
Kühude	20.50	2:05:20	6:06	5	20:47	14	20:57	40.00	4:12:28	6:18	12		64	
Rhein-Weser-Tur	17.00	1:57:25	6:54	8	27:00	27	31:30	57.00	6:09:53	6:29	12		64	
Kühude	17.00	2:11:49	7:45	10	30:42	37	40:34	74.00	8:21:42	6:46	12		64	
Nasse Wiese	20.50	2:53:07	8:26	7	37:49	30	47:24	94.50	11:14:49	7:08	12		64	
Finish	6.50	56:40	8:43	17	23:04	62	25:45	101.00	12:11:29	7:14	8	2:45:13	31	3:13:17