



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

Detailed evaluation

Niederhofer, Stefan

Club: TuS Breckerfeld  
Number: 3145

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M40

Total time: 12:13:25

Speed: 8.26 km/h  
Running performance: 7:16 min/km

Rank in course/Total: 39 (of 79)

Rank in course/Men: 32 (of 65)

Best time in course: 8:58:12

Rank in category: 6(of 8)

Best time in the category: 8:58:12

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	2:17:58	7:04	7	39:13	36	39:13	19.50	2:17:58	7:04	6	39:13	65	11:26
Kühude	20.50	2:13:31	6:30	6	29:08	27	29:08	40.00	4:31:29	6:47	6	1:08:21	65	4:38
Rhein-Weser-Tur	17.00	2:00:48	7:06	6	34:53	35	34:53	57.00	6:32:17	6:52	6	1:43:14	65	
Kühude	17.00	2:07:39	7:30	6	36:24	33	36:24	74.00	8:39:56	7:01	6	2:19:38	65	
Nasse Wiese	20.50	2:52:36	8:25	6	46:53	29	46:53	94.50	11:32:32	7:19	6	3:06:31	65	
Finish	6.50	40:53	6:17	6	8:42	28	9:58	101.00	12:13:25	7:15	6	3:15:13	32	3:15:13