



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

Detailed evaluation

Mücke, Edgar

Club: SG Neunkirchen a. Br.
Number: 3068

Course: 101.00 km
101 km Lauf

Category:
Senioren M55

Total time: 12:15:56

Speed: 8.23 km/h
Running performance: 7:17 min/km

Rank in course/Total: 41 (of 79)

Rank in course/Men: 33 (of 65)

Best time in course: 8:58:12

Rank in category: 4(of 7)

Best time in the category: 11:00:38

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	2:12:03	6:46	2	2:45	28	33:18	19.50	2:12:03	6:46	4		18	5:31
Kühude	20.50	2:19:32	6:48	3	13:04	36	35:09	40.00	4:31:35	6:47	4	12:55	18	4:44
Rhein-Weser-Tur	17.00	2:02:41	7:13	5	13:10	36	36:46	57.00	6:34:16	6:55	4	26:05	18	0:06
Kühude	17.00	2:10:59	7:42	4	17:32	36	39:44	74.00	8:45:15	7:05	4	43:37	18	
Nasse Wiese	20.50	2:48:22	8:12	3	25:28	24	42:39	94.50	11:33:37	7:20	4	1:09:05	18	
Finish	6.50	42:19	6:30	5	6:13	32	11:24	101.00	12:15:56	7:17	4	1:15:18	33	3:17:44