



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

Detailed evaluation

Jones, Huw

Club: Gutersloh  
Number: 3055

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M30

Total time: 12:22:09

Speed: 8.17 km/h  
Running performance: 7:21 min/km

Rank in course/Total: 42 (of 79)

Rank in course/Men: 34 (of 65)

Best time in course: 8:58:12

Rank in category: 1(of 2)

Best time in the category: 12:22:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:10:08	6:40	2	7:23	24	31:23	19.50	2:10:08	6:40	1	-	17	3:36
Kühude	20.50	2:17:11	6:41	1	-	30	32:48	40.00	4:27:19	6:40	1	-	17	0:28
Rhein-Weser-Tur	17.00	2:04:09	7:18	1	-	41	38:14	57.00	6:31:28	6:52	1	-	17	
Kühude	17.00	2:12:43	7:48	1	-	38	41:28	74.00	8:44:11	7:05	1	-	17	
Nasse Wiese	20.50	2:59:20	8:44	1	-	36	53:37	94.50	11:43:31	7:26	1	-	17	
Finish	6.50	38:38	5:56	1	-	20	7:43	101.00	12:22:09	7:20	1	-	34	3:23:57