



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. | 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 |