



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

Detailed evaluation

Polzius, Frank

Club: Düsseldorf  
Number: 3153

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M45

Total time: 12:36:08

Speed: 8.01 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 46 (of 79)

Rank in course/Men: 36 (of 65)

Best time in course: 8:58:12

Rank in category: 9(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	2:12:16	6:46	9	33:30	32	33:31	19.50	2:12:16	6:46	11	5:44	15	5:44
Kühude	20.50	2:19:02	6:46	9	34:29	34	34:39	40.00	4:31:18	6:46	11	4:27	15	4:27
Rhein-Weser-Tur	17.00	2:00:41	7:05	9	30:16	34	34:46	57.00	6:31:59	6:52	11		15	
Kühude	17.00	2:02:35	7:12	7	21:28	25	31:20	74.00	8:34:34	6:57	11		15	
Nasse Wiese	20.50	3:08:25	9:11	16	53:07	53	1:02:42	94.50	11:42:59	7:26	11		15	
Finish	6.50	53:09	8:10	15	19:33	58	22:14	101.00	12:36:08	7:29	9	3:09:52	36	3:37:56