



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

Detailed evaluation

krieg, jürgen

Club: sus oberaden  
Number: 3063

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M55

Total time: 12:38:52

Speed: 7.99 km/h  
Running performance: 7:31 min/km

Rank in course/Total: 47 (of 79)

Rank in course/Men: 37 (of 65)

Best time in course: 8:58:12

Rank in category: 5(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	2:21:59	7:16	4	12:41	44	43:14	19.50	2:21:59	7:16	5	9:47	14	15:27
Kühude	20.50	2:21:32	6:54	4	15:04	39	37:09	40.00	4:43:31	7:05	5	24:51	14	16:40
Rhein-Weser-Tur	17.00	1:57:47	6:55	2	8:16	28	31:52	57.00	6:41:18	7:02	5	33:07	14	7:08
Kühude	17.00	2:18:23	8:08	5	24:56	44	47:08	74.00	8:59:41	7:17	5	58:03	14	10:48
Nasse Wiese	20.50	2:55:39	8:34	5	32:45	34	49:56	94.50	11:55:20	7:34	5	1:30:48	14	2:17
Finish	6.50	43:32	6:41	6	7:26	36	12:37	101.00	12:38:52	7:30	5	1:38:14	37	3:40:40