



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

Detailed evaluation

Haverkamp, Andreas

Club: LG DUV
Number: 3046

Course: 101.00 km
101 km Lauf

Category:
Senioren M30

Total time: 12:39:44

Speed: 7.98 km/h
Running performance: 7:31 min/km

Rank in course/Total: 48 (of 79)

Rank in course/Men: 38 (of 65)

Best time in course: 8:58:12

Rank in category: 2(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	2:02:45	6:17	1	-	15	24:00	19.50	2:02:45	6:17	2		13	
Kühude	20.50	2:25:13	7:05	2	8:02	46	40:50	40.00	4:27:58	6:41	2	0:39	13	1:07
Rhein-Weser-Tur	17.00	2:10:30	7:40	2	6:21	50	44:35	57.00	6:38:28	6:59	2	7:00	13	4:18
Kühude	17.00	2:15:25	7:57	2	2:42	42	44:10	74.00	8:53:53	7:12	2	9:42	13	5:00
Nasse Wiese	20.50	3:03:11	8:56	2	3:51	45	57:28	94.50	11:57:04	7:35	2	13:33	13	4:01
Finish	6.50	42:40	6:33	2	4:02	33	11:45	101.00	12:39:44	7:31	2	17:35	38	3:41:32