



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

Detailed evaluation

Mann, Matthias

Club: Paderborn  
Number: 3066

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M40

Total time: 12:41:53

Speed: 7.95 km/h  
Running performance: 7:32 min/km

Rank in course/Total: 49 (of 79)

Rank in course/Men: 39 (of 65)

Best time in course: 8:58:12

Rank in category: 7(of 8)

Best time in the category: 8:58:12

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	2:13:41	6:51	6	34:56	34	34:56	19.50	2:13:41	6:51	7	34:56	12	7:09
Kühude	20.50	2:19:39	6:48	7	35:16	37	35:16	40.00	4:33:20	6:49	7	1:10:12	12	6:29
Rhein-Weser-Tur	17.00	2:11:09	7:42	7	45:14	51	45:14	57.00	6:44:29	7:05	7	1:55:26	12	10:19
Kühude	17.00	2:16:09	8:00	7	44:54	43	44:54	74.00	9:00:38	7:18	7	2:40:20	12	11:45
Nasse Wiese	20.50	2:53:58	8:29	7	48:15	33	48:15	94.50	11:54:36	7:33	7	3:28:35	12	1:33
Finish	6.50	47:17	7:16	7	15:06	46	16:22	101.00	12:41:53	7:32	7	3:43:41	39	3:43:41