



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

Detailed evaluation

Hobrack, Jörg

Club: L.T.-Düsseldorf/Süd  
Number: 3050

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M45

Total time: 12:48:00

Speed: 7.89 km/h  
Running performance: 7:36 min/km

Rank in course/Total: 51 (of 79)

Rank in course/Men: 41 (of 65)

Best time in course: 8:58:12

Rank in category: 10(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	2:06:32	6:29	6	27:46	20	27:47	19.50	2:06:32	6:29	1	-	1	-
Kühude	20.50	2:20:19	6:50	10	35:46	38	35:56	40.00	4:26:51	6:40	1	-	1	-
Rhein-Weser-Tur	17.00	2:07:19	7:29	12	36:54	45	41:24	57.00	6:34:10	6:54	1	-	1	-
Kühude	17.00	2:14:43	7:55	12	33:36	40	43:28	74.00	8:48:53	7:08	1	-	1	-
Nasse Wiese	20.50	3:04:10	8:59	12	48:52	47	58:27	94.50	11:53:03	7:32	1	-	1	-
Finish	6.50	54:57	8:27	16	21:21	60	24:02	101.00	12:48:00	7:36	10	3:21:44	41	3:49:48