



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

Detailed evaluation

Ziemer, Ulrich

Club: Essen
Number: 3096

Course: 101.00 km
101 km Lauf

Category:
Senioren M50

Total time: 12:50:12

Speed: 7.87 km/h
Running performance: 7:38 min/km

Rank in course/Total: 53 (of 79)

Rank in course/Men: 42 (of 65)

Best time in course: 8:58:12

Rank in category: 12(of 20)

Best time in the category: 10:50:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:24:02	7:23	16	30:55	52	45:17	19.50	2:24:02	7:23	10	3:24	9	17:30
Kühude	20.50	2:23:27	6:59	13	22:41	43	39:04	40.00	4:47:29	7:11	10	7:47	9	20:38
Rhein-Weser-Tur	17.00	2:03:47	7:16	12	18:06	38	37:52	57.00	6:51:16	7:12	10	11:49	9	17:06
Kühude	17.00	2:06:59	7:28	11	21:48	30	35:44	74.00	8:58:15	7:16	10	13:06	9	9:22
Nasse Wiese	20.50	3:04:15	8:59	15	36:12	48	58:32	94.50	12:02:30	7:38	10	8:42	9	9:27
Finish	6.50	47:42	7:20	17	16:47	47	16:47	101.00	12:50:12	7:37	12	1:59:59	42	3:52:00