



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

Detailed evaluation

Scheper, Thorsten

Club: Laufabteilung Langförden/DUV  
Number: 3010

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M45

Total time: 12:50:14

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

Rank in course/Total: 54 (of 79)

Rank in course/Men: 43 (of 65)

Best time in course: 8:58:12

Rank in category: 11(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	2:24:03	7:23	15	45:17	53	45:18	19.50	2:24:03	7:23	9	17:31	8	17:31
Kühude	20.50	2:23:24	6:59	11	38:51	42	39:01	40.00	4:47:27	7:11	9	20:36	8	20:36
Rhein-Weser-Tur	17.00	2:03:52	7:17	10	33:27	39	37:57	57.00	6:51:19	7:12	9	17:09	8	17:09
Kühude	17.00	2:07:03	7:28	8	25:56	31	35:48	74.00	8:58:22	7:16	9	9:29	8	9:29
Nasse Wiese	20.50	3:04:49	9:00	13	49:31	49	59:06	94.50	12:03:11	7:39	9	10:08	8	10:08
Finish	6.50	47:03	7:14	9	13:27	44	16:08	101.00	12:50:14	7:37	11	3:23:58	43	3:52:02