



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

Detailed evaluation

Neuhaus, Carsten

Club: Langenhagen
Number: 3069

Course: 101.00 km
101 km Lauf

Category:
Senioren M45

Total time: 13:00:47

Speed: 7.76 km/h
Running performance: 7:44 min/km

Rank in course/Total: 55 (of 79)

Rank in course/Men: 44 (of 65)

Best time in course: 8:58:12

Rank in category: 12(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.	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	2:21:33	7:15	11	42:47	43	42:48	19.50	2:21:33	7:15	8	15:01	7	15:01
Kühude	20.50	2:26:41	7:09	13	42:08	51	42:18	40.00	4:48:14	7:12	8	21:23	7	21:23
Rhein-Weser-Tur	17.00	2:07:00	7:28	11	36:35	44	41:05	57.00	6:55:14	7:17	8	21:04	7	21:04
Kühude	17.00	2:15:15	7:57	13	34:08	41	44:00	74.00	9:10:29	7:26	8	21:36	7	21:36
Nasse Wiese	20.50	3:01:01	8:49	10	45:43	40	55:18	94.50	12:11:30	7:44	8	18:27	7	18:27
Finish	6.50	49:17	7:34	11	15:41	51	18:22	101.00	13:00:47	7:43	12	3:34:31	44	4:02:35