



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

Detailed evaluation

Klasmeier, Michael

Club: Wiednbrücker TV  
Number: 3056

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M50

Total time: 13:02:01

Speed: 7.75 km/h  
Running performance: 7:44 min/km

Rank in course/Total: 56 (of 79)

Rank in course/Men: 45 (of 65)

Best time in course: 8:58:12

Rank in category: 13(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:20:57	7:13	12	27:50	41	42:12	19.50	2:20:57	7:13	9	0:19	6	14:25
Kühude	20.50	2:28:52	7:15	18	28:06	54	44:29	40.00	4:49:49	7:14	9	10:07	6	22:58
Rhein-Weser-Tur	17.00	2:10:21	7:40	16	24:40	49	44:26	57.00	7:00:10	7:22	9	20:43	6	26:00
Kühude	17.00	2:18:57	8:10	13	33:46	45	47:42	74.00	9:19:07	7:33	9	33:58	6	30:14
Nasse Wiese	20.50	2:57:13	8:38	10	29:10	35	51:30	94.50	12:16:20	7:47	9	22:32	6	23:17
Finish	6.50	45:41	7:01	14	14:46	40	14:46	101.00	13:02:01	7:44	13	2:11:48	45	4:03:49