



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

Detailed evaluation

Kortyka, Joachim

Club: 100 Marathon Club
Number: 3061

Course: 101.00 km
101 km Lauf

Category:
Senioren M55

Total time: 13:02:56

Speed: 7.74 km/h
Running performance: 7:45 min/km

Rank in course/Total: 57 (of 79)

Rank in course/Men: 46 (of 65)

Best time in course: 8:58:12

Rank in category: 6(of 7)

Best time in the category: 11:00:38

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	2:25:16	7:26	5	15:58	58	46:31	19.50	2:25:16	7:26	6	13:04	5	18:44
Kühude	20.50	2:25:47	7:06	6	19:19	49	41:24	40.00	4:51:03	7:16	6	32:23	5	24:12
Rhein-Weser-Tur	17.00	2:08:18	7:32	6	18:47	48	42:23	57.00	6:59:21	7:21	6	51:10	5	25:11
Kühude	17.00	2:21:17	8:18	6	27:50	50	50:02	74.00	9:20:38	7:34	6	1:19:00	5	31:45
Nasse Wiese	20.50	3:00:01	8:46	6	37:07	37	54:18	94.50	12:20:39	7:50	6	1:56:07	5	27:36
Finish	6.50	42:17	6:30	4	6:11	31	11:22	101.00	13:02:56	7:45	6	2:02:18	46	4:04:44