



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 |