



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

Detailed evaluation

Schmitz, Henning

Club: LC Duisburg / DUV  
Number: 3080

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M50

Total time: 13:03:29

Speed: 7.73 km/h  
Running performance: 7:46 min/km

Rank in course/Total: 59 (of 79)

Rank in course/Men: 47 (of 65)

Best time in course: 8:58:12

Rank in category: 14(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	2:25:05	7:26	18	31:58	55	46:20	19.50	2:25:05	7:26	8	4:27	4	18:33
Kühude	20.50	2:25:06	7:04	14	24:20	45	40:43	40.00	4:50:11	7:15	8	10:29	4	23:20
Rhein-Weser-Tur	17.00	2:03:55	7:17	13	18:14	40	38:00	57.00	6:54:06	7:15	8	14:39	4	19:56
Kühude	17.00	2:22:51	8:24	16	37:40	52	51:36	74.00	9:16:57	7:31	8	31:48	4	28:04
Nasse Wiese	20.50	3:00:51	8:49	11	32:48	39	55:08	94.50	12:17:48	7:48	8	24:00	4	24:45
Finish	6.50	45:41	7:01	14	14:46	40	14:46	101.00	13:03:29	7:45	14	2:13:16	47	4:05:17