



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

Detailed evaluation

Grittner, Werner

Club: LC Duisburg
Number: 3041

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: 60 (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.	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	2:25:03	7:26	17	31:56	54	46:18	19.50	2:25:03	7:26	7	4:25	3	18:31
Kühude	20.50	2:25:17	7:05	15	24:31	47	40:54	40.00	4:50:20	7:15	7	10:38	3	23:29
Rhein-Weser-Tur	17.00	2:05:45	7:23	15	20:04	43	39:50	57.00	6:56:05	7:17	7	16:38	3	21:55
Kühude	17.00	2:20:56	8:17	14	35:45	48	49:41	74.00	9:17:01	7:31	7	31:52	3	28:08
Nasse Wiese	20.50	3:01:10	8:50	13	33:07	43	55:27	94.50	12:18:11	7:48	7	24:23	3	25:08
Finish	6.50	45:18	6:58	12	14:23	38	14:23	101.00	13:03:29	7:45	14	2:13:16	47	4:05:17