



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

Detailed evaluation

Binias, Jürgen

Club: LC Duisburg
Number: 3028

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: 58 (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	2:25:09	7:26	19	32:02	56	46:24	19.50	2:25:09	7:26	6	4:31	2	18:37
Kühude	20.50	2:25:19	7:05	16	24:33	48	40:56	40.00	4:50:28	7:15	6	10:46	2	23:37
Rhein-Weser-Tur	17.00	2:05:33	7:23	14	19:52	42	39:38	57.00	6:56:01	7:17	6	16:34	2	21:51
Kühude	17.00	2:21:04	8:17	15	35:53	49	49:49	74.00	9:17:05	7:31	6	31:56	2	28:12
Nasse Wiese	20.50	3:01:03	8:49	12	33:00	42	55:20	94.50	12:18:08	7:48	6	24:20	2	25:05
Finish	6.50	45:21	6:58	13	14:26	39	14:26	101.00	13:03:29	7:45	14	2:13:16	47	4:05:17