



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

Detailed evaluation

Hartmann, Johannes

Club: ---

Number: 3045

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 13:16:17

Speed: 7.61 km/h

Running performance: 7:53 min/km

Rank in course/Total: 61 (of 79)

Rank in course/Men: 50 (of 65)

Best time in course: 8:58:12

Rank in category: 13(of 18)

Best time in the category: 9:26:16

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	2:20:19	7:11	10	41:33	38	41:34	19.50	2:20:19	7:11	7	13:47	10	13:47
Kühude	20.50	2:27:49	7:12	14	43:16	52	43:26	40.00	4:48:08	7:12	7	21:17	10	21:17
Rhein-Weser-Tur	17.00	2:11:54	7:45	15	41:29	54	45:59	57.00	7:00:02	7:22	7	25:52	10	25:52
Kühude	17.00	2:21:36	8:19	15	40:29	51	50:21	74.00	9:21:38	7:35	7	32:45	10	32:45
Nasse Wiese	20.50	3:02:58	8:55	11	47:40	44	57:15	94.50	12:24:36	7:52	7	31:33	10	31:33
Finish	6.50	51:41	7:57	13	18:05	55	20:46	101.00	13:16:17	7:53	13	3:50:01	50	4:18:05