



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 |