



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

Detailed evaluation

Grohmann, Volker

Club: Troisdorfer LG M.U.T.  
Number: 3042

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M45

Total time: 13:17:38

Speed: 7.60 km/h  
Running performance: 7:54 min/km

Rank in course/Total: 62 (of 79)

Rank in course/Men: 51 (of 65)

Best time in course: 8:58:12

Rank in category: 14(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:22:46	7:19	13	44:00	47	44:01	19.50	2:22:46	7:19	6	16:14	19	16:14
Kühude	20.50	2:23:29	6:59	12	38:56	44	39:06	40.00	4:46:15	7:09	6	19:24	19	19:24
Rhein-Weser-Tur	17.00	2:11:21	7:43	14	40:56	52	45:26	57.00	6:57:36	7:19	6	23:26	19	23:26
Kühude	17.00	2:28:02	8:42	17	46:55	58	56:47	74.00	9:25:38	7:38	6	36:45	19	36:45
Nasse Wiese	20.50	3:04:58	9:01	15	49:40	51	59:15	94.50	12:30:36	7:56	6	37:33	19	37:33
Finish	6.50	47:02	7:14	8	13:26	43	16:07	101.00	13:17:38	7:53	14	3:51:22	51	4:19:26