



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

Detailed evaluation

Becker, Mattin

Club: Troisdorfer LG M.U.T.
Number: 3027

Course: 101.00 km
101 km Lauf

Category:
Senioren M50

Total time: 13:17:38

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

Rank in course/Total: 63 (of 79)

Rank in course/Men: 51 (of 65)

Best time in course: 8:58:12

Rank in category: 17(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	2:22:55	7:19	14	29:48	49	44:10	19.50	2:22:55	7:19	5	2:17	20	16:23
Kühude	20.50	2:23:13	6:59	12	22:27	41	38:50	40.00	4:46:08	7:09	5	6:26	20	19:17
Rhein-Weser-Tur	17.00	2:12:03	7:46	18	26:22	55	46:08	57.00	6:58:11	7:20	5	18:44	20	24:01
Kühude	17.00	2:27:19	8:39	19	42:08	57	56:04	74.00	9:25:30	7:38	5	40:21	20	36:37
Nasse Wiese	20.50	3:05:03	9:01	16	37:00	52	59:20	94.50	12:30:33	7:56	5	36:45	20	37:30
Finish	6.50	47:05	7:14	16	16:10	45	16:10	101.00	13:17:38	7:53	17	2:27:25	51	4:19:26