



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

Detailed evaluation

Helle, Friedrich

Club: Lage  
Number: 3047

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M45

Total time: 13:20:56

Speed: 7.57 km/h  
Running performance: 7:56 min/km

Rank in course/Total: 64 (of 79)

Rank in course/Men: 53 (of 65)

Best time in course: 8:58:12

Rank in category: 15(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	2:38:23	8:07	18	59:37	64	59:38	19.50	2:38:23	8:07	5	31:51	21	31:51
Kühude	20.50	2:31:00	7:21	16	46:27	57	46:37	40.00	5:09:23	7:44	5	42:32	21	42:32
Rhein-Weser-Tur	17.00	2:08:05	7:32	13	37:40	47	42:10	57.00	7:17:28	7:40	5	43:18	21	43:18
Kühude	17.00	2:14:22	7:54	11	33:15	39	43:07	74.00	9:31:50	7:43	5	42:57	21	42:57
Nasse Wiese	20.50	3:00:15	8:47	9	44:57	38	54:32	94.50	12:32:05	7:57	5	39:02	21	39:02
Finish	6.50	48:51	7:30	10	15:15	50	17:56	101.00	13:20:56	7:55	15	3:54:40	53	4:22:44