



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

Detailed evaluation

Zimmermann, Jörg

Club: Halberstadt
Number: 3097

Course: 101.00 km
101 km Lauf

Category:
Senioren M45

Total time: 13:32:48

Speed: 7.46 km/h
Running performance: 8:03 min/km

Rank in course/Total: 65 (of 79)

Rank in course/Men: 54 (of 65)

Best time in course: 8:58:12

Rank in category: 16(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	2:23:57	7:22	14	45:11	51	45:12	19.50	2:23:57	7:22	4	17:25	22	17:25
Kühude	20.50	2:35:26	7:34	18	50:53	60	51:03	40.00	4:59:23	7:29	4	32:32	22	32:32
Rhein-Weser-Tur	17.00	2:15:07	7:56	17	44:42	58	49:12	57.00	7:14:30	7:37	4	40:20	22	40:20
Kühude	17.00	2:26:27	8:36	16	45:20	55	55:12	74.00	9:40:57	7:51	4	52:04	22	52:04
Nasse Wiese	20.50	3:04:56	9:01	14	49:38	50	59:13	94.50	12:45:53	8:06	4	52:50	22	52:50
Finish	6.50	46:55	7:13	7	13:19	42	16:00	101.00	13:32:48	8:02	16	4:06:32	54	4:34:36