



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

Detailed evaluation

Würl, Hans

Club: Trail Team OWL / 100MC
Number: 3095

Course: 101.00 km
101 km Lauf

Category:
Senioren M50

Total time: 13:38:42

Speed: 7.40 km/h
Running performance: 8:07 min/km

Rank in course/Total: 67 (of 79)

Rank in course/Men: 56 (of 65)

Best time in course: 8:58:12

Rank in category: 18(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Nasse Wiese	19.50	2:23:03	7:20	15	29:56	50	44:18	19.50	2:23:03	7:20	4	2:25	24	16:31
Kühude	20.50	2:30:42	7:21	19	29:56	56	46:19	40.00	4:53:45	7:20	4	14:03	24	26:54
Rhein-Weser-Tur	17.00	2:15:54	7:59	19	30:13	59	49:59	57.00	7:09:39	7:32	4	30:12	24	35:29
Kühude	17.00	2:23:53	8:27	17	38:42	53	52:38	74.00	9:33:32	7:45	4	48:23	24	44:39
Nasse Wiese	20.50	3:17:15	9:37	20	49:12	62	1:11:32	94.50	12:50:47	8:09	4	56:59	24	57:44
Finish	6.50	47:55	7:22	18	17:00	48	17:00	101.00	13:38:42	8:06	18	2:48:29	56	4:40:30