



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

Detailed evaluation

Kliche, Udo

Club: Laufen-in-Lüdo.de
Number: 3058

Course: 101.00 km
101 km Lauf

Category:
Senioren M45

Total time: 13:39:36

Speed: 7.39 km/h
Running performance: 8:07 min/km

Rank in course/Total: 68 (of 79)

Rank in course/Men: 57 (of 65)

Best time in course: 8:58:12

Rank in category: 17(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	2:31:51	7:47	17	53:05	61	53:06	19.50	2:31:51	7:47	3	25:19	25	25:19
Kühude	20.50	2:31:17	7:22	17	46:44	58	46:54	40.00	5:03:08	7:34	3	36:17	25	36:17
Rhein-Weser-Tur	17.00	2:12:51	7:48	16	42:26	56	46:56	57.00	7:15:59	7:38	3	41:49	25	41:49
Kühude	17.00	2:20:47	8:16	14	39:40	47	49:32	74.00	9:36:46	7:47	3	47:53	25	47:53
Nasse Wiese	20.50	3:10:37	9:17	17	55:19	56	1:04:54	94.50	12:47:23	8:07	3	54:20	25	54:20
Finish	6.50	52:13	8:01	14	18:37	56	21:18	101.00	13:39:36	8:06	17	4:13:20	57	4:41:24