



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

Detailed evaluation

Kaufmann, Sascha

Club: Pheidippides.de
Number: 3137

Course: 101.00 km
101 km Lauf

Category:
Senioren M40

Total time: 13:46:50

Speed: 7.33 km/h
Running performance: 8:11 min/km

Rank in course/Total: 70 (of 79)

Rank in course/Men: 58 (of 65)

Best time in course: 8:58:12

Rank in category: 8(of 8)

Best time in the category: 8:58:12

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	2:29:42	7:40	8	50:57	59	50:57	19.50	2:29:42	7:40	8	50:57	26	23:10
Kühude	20.50	2:29:28	7:17	8	45:05	55	45:05	40.00	4:59:10	7:28	8	1:36:02	26	32:19
Rhein-Weser-Tur	17.00	2:16:39	8:02	8	50:44	60	50:44	57.00	7:15:49	7:38	8	2:26:46	26	41:39
Kühude	17.00	2:31:05	8:53	8	59:50	60	59:50	74.00	9:46:54	7:55	8	3:26:36	26	58:01
Nasse Wiese	20.50	3:11:35	9:20	8	1:05:52	58	1:05:52	94.50	12:58:29	8:14	8	4:32:28	26	1:05:26
Finish	6.50	48:21	7:26	8	16:10	49	17:26	101.00	13:46:50	8:11	8	4:48:38	58	4:48:38