



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

Detailed evaluation

Ickert, Peter

Club: Marathon 4 You
Number: 3053

Course: 101.00 km
101 km Lauf

Category:
Senioren M50

Total time: 13:56:53

Speed: 7.24 km/h
Running performance: 8:17 min/km

Rank in course/Total: 72 (of 79)

Rank in course/Men: 60 (of 65)

Best time in course: 8:58:12

Rank in category: 20(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 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	2:32:11	7:48	20	39:04	62	53:26	19.50	2:32:11	7:48	2	11:33	28	25:39
Kühude	20.50	2:39:25	7:46	20	38:39	63	55:02	40.00	5:11:36	7:47	2	31:54	28	44:45
Rhein-Weser-Tur	17.00	2:21:45	8:20	20	36:04	61	55:50	57.00	7:33:21	7:57	2	53:54	28	59:11
Kühude	17.00	2:26:23	8:36	18	41:12	54	55:08	74.00	9:59:44	8:06	2	1:14:35	28	1:10:51
Nasse Wiese	20.50	3:14:10	9:28	19	46:07	61	1:08:27	94.50	13:13:54	8:24	2	1:20:06	28	1:20:51
Finish	6.50	42:59	6:36	11	12:04	35	12:04	101.00	13:56:53	8:17	20	3:06:40	60	4:58:41