



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

Detailed evaluation

Dumke, Holger

Club: BSG WAZ Essen
Number: 3035

Course: 101.00 km
101 km Lauf

Category:
Senioren M35

Total time: 14:03:41

Speed: 7.18 km/h
Running performance: 8:21 min/km

Rank in course/Total: 74 (of 79)

Rank in course/Men: 61 (of 65)

Best time in course: 8:58:12

Rank in category: 5(of 5)

Best time in the category: 11:23:21

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	2:20:35	7:12	5	20:24	39	41:50	19.50	2:20:35	7:12	5	8:39	29	14:03
Kühude	20.50	2:32:36	7:26	5	29:47	59	48:13	40.00	4:53:11	7:19	5	32:45	29	26:20
Rhein-Weser-Tur	17.00	2:13:33	7:51	5	27:52	57	47:38	57.00	7:06:44	7:29	5	55:29	29	32:34
Kühude	17.00	2:35:13	9:07	5	33:09	61	1:03:58	74.00	9:41:57	7:51	5	1:28:38	29	53:04
Nasse Wiese	20.50	3:28:29	10:10	5	55:21	63	1:22:46	94.50	13:10:26	8:21	5	2:23:59	29	1:17:23
Finish	6.50	53:15	8:11	5	17:30	59	22:20	101.00	14:03:41	8:21	5	2:40:20	61	5:05:29