



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

Detailed evaluation

Abrolat, Martin

Club: DJK Preussen 1911 Bochum  
Number: 3156

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M55

Total time: 14:27:20

Speed: 6.99 km/h  
Running performance: 8:35 min/km

Rank in course/Total: 76 (of 79)

Rank in course/Men: 62 (of 65)

Best time in course: 8:58:12

Rank in category: 7(of 7)

Best time in the category: 11:00:38

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	2:31:27	7:45	6	22:09	60	52:42	19.50	2:31:27	7:45	7	19:15	30	24:55
Kühude	20.50	2:40:17	7:49	7	33:49	64	55:54	40.00	5:11:44	7:47	7	53:04	30	44:53
Rhein-Weser-Tur	17.00	2:27:49	8:41	7	38:18	64	1:01:54	57.00	7:39:33	8:03	7	1:31:22	30	1:05:23
Kühude	17.00	2:37:23	9:15	7	43:56	63	1:06:08	74.00	10:16:56	8:20	7	2:15:18	30	1:28:03
Nasse Wiese	20.50	3:11:59	9:21	7	49:05	60	1:06:16	94.50	13:28:55	8:33	7	3:04:23	30	1:35:52
Finish	6.50	58:25	8:59	7	22:19	64	27:30	101.00	14:27:20	8:35	7	3:26:42	62	5:29:08