



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Wagner, Thomas

Club: Spiridon Frankfurt

Number: 3022

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 5:24:11

Speed: 12.40 km/h

Running performance: 4:50 min/km

Rank in course/Total: 3 (of 46)

Rank in course/Men: 3 (of 37)

Best time in course: 5:06:44

Rank in category: 2(of 7)

Best time in the category: 5:06:44

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	1:37:30	5:00	2	7:30	2	7:30	19.50	1:37:30	5:00	2	7:30	22	
Kühude	20.50	1:34:52	4:37	2	2:33	3	4:31	40.00	3:12:22	4:48	2	10:03	22	
Nasse Wiese	20.50	1:43:48	5:03	2	6:02	4	7:23	60.50	4:56:10	4:53	2	16:05	22	
Finish	6.50	28:01	4:18	2	1:22	3	1:22	67.00	5:24:11	4:50	2	17:27	3	17:27