



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Baumhoff, Jürgen

Club: Trail-Team-Sauerland

Number: 2816

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 3:09:35

Speed: 13.29 km/h

Running performance: 4:31 min/km

Rank in course/Total: 1 (of 56)

Rank in course/Men: 1 (of 46)

Best time in course: 3:09:35

Rank in category: 1(of 7)

Best time in the category: 3:09:35

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	1:23:54	4:18	1	-	2	43:23	19.50	1:23:54	4:18	1	-	35	43:23
Finish	22.50	1:45:41	4:41	1	-	1	-	42.00	3:09:35	4:30	1	-	1	-