



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Trems, Torsten

Club: Central-Team.de

Number: 3019

Course: 67.00 km

67 km Lauf

Category:

Senioren M35

Total time: 5:43:07

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 4 (of 46)

Rank in course/Men: 4 (of 37)

Best time in course: 5:06:44

Rank in category: 1(of 3)

Best time in the category: 5:43:07

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	1:46:20	5:27	1	-	4	16:20	19.50	1:46:20	5:27	1	-	23	
Kühude	20.50	1:30:21	4:24	1	-	1	-	40.00	3:16:41	4:55	1	-	23	
Nasse Wiese	20.50	1:52:13	5:28	1	-	5	15:48	60.50	5:08:54	5:06	1	-	23	
Finish	6.50	34:13	5:15	2	0:46	11	7:34	67.00	5:43:07	5:07	1	-	4	36:23