



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

Detailed evaluation

Elskamp, Gregor

Club: Central-Team DE  
Number: 2776

Course: 42.00 km  
42 km Lauf

Category:  
Senioren M40

Total time: 3:18:58

Speed: 12.67 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 2 (of 56)

Rank in course/Men: 2 (of 46)

Best time in course: 3:09:35

Rank in category: 1(of 8)

Best time in the category: 3:18:58

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	1:33:00	4:46	2	0:04	5	52:29	19.50	1:33:00	4:46	1	-	25	52:29
Finish	22.50	1:45:58	4:42	1	-	2	0:17	42.00	3:18:58	4:44	1	-	2	9:23