



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Menn, Udo

Club: TSG Helberhausen

Number: 2812

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 3:21:54

Speed: 12.48 km/h

Running performance: 4:49 min/km

Rank in course/Total: 3 (of 56)

Rank in course/Men: 3 (of 46)

Best time in course: 3:09:35

Rank in category: 2(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	1:32:56	4:45	1	-	4	52:25	19.50	1:32:56	4:45	2		26	52:25
Finish	22.50	1:48:58	4:50	2	3:00	3	3:17	42.00	3:21:54	4:48	2	2:56	3	12:19