



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

Detailed evaluation

Hankemeier, Michèl

Club: Discover Strength
Number: 2719

Course: 42.00 km
42 km Lauf

Category:
Senioren M30

Total time: 3:24:02

Speed: 12.35 km/h
Running performance: 4:52 min/km

Rank in course/Total: 4 (of 56)

Rank in course/Men: 4 (of 46)

Best time in course: 3:09:35

Rank in category: 1(of 3)

Best time in the category: 3:24:02

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	1:27:50	4:30	1	-	3	47:19	19.50	1:27:50	4:30	1	-	27	47:19
Finish	22.50	1:56:12	5:09	1	-	4	10:31	42.00	3:24:02	4:51	1	-	4	14:27