



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Bosch, John

Club: Atletiek Maastricht

Number: 2751

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 3:40:18

Speed: 11.44 km/h

Running performance: 5:15 min/km

Rank in course/Total: 5 (of 56)

Rank in course/Men: 5 (of 46)

Best time in course: 3:09:35

Rank in category: 1(of 17)

Best time in the category: 3:40:18

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	1:36:29	4:56	2	55:58	6	55:58	19.50	1:36:29	4:56	1	-	28	55:58
Finish	22.50	2:03:49	5:30	1	-	5	18:08	42.00	3:40:18	5:14	1	-	5	30:43