



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

Detailed evaluation

Häusler, Ralf

Club: LiVe-Lauftreff in Versmold
Number: 2720

Course: 42.00 km
42 km Lauf

Category:
Senioren M50

Total time: 3:53:04

Speed: 10.81 km/h
Running performance: 5:33 min/km

Rank in course/Total: 7 (of 56)

Rank in course/Men: 7 (of 46)

Best time in course: 3:09:35

Rank in category: 2(of 17)

Best time in the category: 3:40:18

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	1:45:18	5:23	4	1:04:47	10	1:04:47	19.50	1:45:18	5:23	2	8:49	30	1:04:47
Finish	22.50	2:07:46	5:40	2	3:57	7	22:05	42.00	3:53:04	5:32	2	12:46	7	43:29