



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

Detailed evaluation

Seils, Thomas

Club: LC Duisburg
 Number: 2750

Course: 42.00 km
 42 km Lauf

Category:
 Senioren M50

Total time: 3:54:35

Speed: 10.74 km/h
 Running performance: 5:35 min/km

Rank in course/Total: 8 (of 56)

Rank in course/Men: 8 (of 46)

Best time in course: 3:09:35

Rank in category: 3(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	1:45:06	5:23	3	1:04:35	9	1:04:35	19.50	1:45:06	5:23	3	8:37	31	1:04:35
Finish	22.50	2:09:29	5:45	4	5:40	9	23:48	42.00	3:54:35	5:35	3	14:17	8	45:00