



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

Detailed evaluation

Strack, Erich

Club: BNP Paribas Ultra Team
Number: 3016

Course: 67.00 km
67 km Lauf

Category:
Senioren M50

Total time: 6:25:52

Speed: 10.42 km/h
Running performance: 5:46 min/km

Rank in course/Total: 7 (of 46)

Rank in course/Men: 7 (of 37)

Best time in course: 5:06:44

Rank in category: 1(of 6)

Best time in the category: 6:25:52

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	1:46:46	5:28	1	-	5	16:46	19.50	1:46:46	5:28	1	-	26	
Kühude	20.50	1:57:12	5:43	1	-	9	26:51	40.00	3:43:58	5:35	1	-	26	
Nasse Wiese	20.50	2:10:41	6:22	3	29:07	10	34:16	60.50	5:54:39	5:51	1	-	26	
Finish	6.50	31:13	4:48	1	-	6	4:34	67.00	6:25:52	5:45	1	-	7	1:19:08