



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Seeliger, Wolfhard

Club: VfL Brandenburg

Number: 2765

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 3:59:36

Speed: 10.52 km/h

Running performance: 5:42 min/km

Rank in course/Total: 9 (of 56)

Rank in course/Men: 9 (of 46)

Best time in course: 3:09:35

Rank in category: 4 (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	1:50:40	5:40	7	1:10:09	14	1:10:09	19.50	1:50:40	5:40	4	14:11	32	1:10:09
Finish	22.50	2:08:56	5:43	3	5:07	8	23:15	42.00	3:59:36	5:42	4	19:18	9	50:01