



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

Detailed evaluation

Jansen, Martin

Club: www.weitgereister.de
Number: 2723

Course: 42.00 km
42 km Lauf

Category:
Senioren M35

Total time: 4:05:03

Speed: 10.28 km/h
Running performance: 5:50 min/km

Rank in course/Total: 11 (of 56)

Rank in course/Men: 11 (of 46)

Best time in course: 3:09:35

Rank in category: 1(of 1)

Best time in the category: 4:05:03

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	1:44:30	5:21	1	-	8	1:03:59	19.50	1:44:30	5:21	1	-	34	1:03:59
Finish	22.50	2:20:33	6:14	1	-	15	34:52	42.00	4:05:03	5:50	1	-	11	55:28