



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Sieberath, Peter

Club: Werkfeuerwehr Currenta

Number: 2736

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 4:05:56

Speed: 10.25 km/h

Running performance: 5:52 min/km

Rank in course/Total: 12 (of 56)

Rank in course/Men: 12 (of 46)

Best time in course: 3:09:35

Rank in category: 5(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	1:48:46	5:34	5	1:08:15	11	1:08:15	19.50	1:48:46	5:34	5	12:17	24	1:08:15
Finish	22.50	2:17:10	6:05	5	13:21	12	31:29	42.00	4:05:56	5:51	5	25:38	12	56:21