



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Blome, Uwe

Club: SSV Allendorf

Number: 2713

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 4:06:19

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 13 (of 56)

Rank in course/Men: 13 (of 46)

Best time in course: 3:09:35

Rank in category: 1(of 5)

Best time in the category: 4:06:19

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	1:53:10	5:48	1	-	17	1:12:39	19.50	1:53:10	5:48	1	-	36	1:12:39
Finish	22.50	2:13:09	5:55	1	-	10	27:28	42.00	4:06:19	5:51	1	-	13	56:44