



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

Detailed evaluation

Van Mum, Rene

Club: Atletiek Maastricht  
Number: 2755

Course: 42.00 km  
42 km Lauf

Category:  
Senioren M50

Total time: 4:12:09

Speed: 9.99 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 14 (of 56)

Rank in course/Men: 14 (of 46)

Best time in course: 3:09:35

Rank in category: 6(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	1:50:32	5:40	6	1:10:01	13	1:10:01	19.50	1:50:32	5:40	6	14:03	37	1:10:01
Finish	22.50	2:21:37	6:17	6	17:48	17	35:56	42.00	4:12:09	6:00	6	31:51	14	1:02:34