



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Rose, Norbert

Club: Lauffreunde Gremmendorf
Number: 2735

Course: 42.00 km
42 km Lauf

Category:
Senioren M45

Total time: 4:12:46

Speed: 9.97 km/h
Running performance: 6:01 min/km

Rank in course/Total: 15 (of 56)

Rank in course/Men: 15 (of 46)

Best time in course: 3:09:35

Rank in category: 3(of 7)

Best time in the category: 3:09:35

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	1:52:45	5:46	3	28:51	16	1:12:14	19.50	1:52:45	5:46	3	28:51	38	1:12:14
Finish	22.50	2:20:01	6:13	4	34:20	14	34:20	42.00	4:12:46	6:01	3	1:03:11	15	1:03:11