



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

Detailed evaluation

Polet, Durk

Club: Burgum
Number: 2767

Course: 42.00 km
42 km Lauf

Category:
Senioren M45

Total time: 4:13:35

Speed: 9.94 km/h
Running performance: 6:02 min/km

Rank in course/Total: 16 (of 56)

Rank in course/Men: 16 (of 46)

Best time in course: 3:09:35

Rank in category: 4(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	1:53:36	5:49	4	29:42	19	1:13:05	19.50	1:53:36	5:49	4	29:42	39	1:13:05
Finish	22.50	2:19:59	6:13	3	34:18	13	34:18	42.00	4:13:35	6:02	4	1:04:00	16	1:04:00