



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

Detailed evaluation

Kroege, Mark

Club: Sengbach Trail Team
Number: 3004

Course: 67.00 km
67 km Lauf

Category:
Senioren M40

Total time: 6:43:23

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

Rank in course/Total: 10 (of 46)

Rank in course/Men: 10 (of 37)

Best time in course: 5:06:44

Rank in category: 2(of 11)

Best time in the category: 5:20:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	1:55:27	5:55	2	17:36	8	25:27	19.50	1:55:27	5:55	2	17:36	20	
Kühude	20.50	2:02:42	5:59	3	24:07	12	32:21	40.00	3:58:09	5:57	2	41:43	20	
Nasse Wiese	20.50	2:15:15	6:35	2	38:50	13	38:50	60.50	6:13:24	6:10	2	1:20:33	20	
Finish	6.50	29:59	4:36	2	2:05	4	3:20	67.00	6:43:23	6:01	2	1:22:38	10	1:36:39