



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

Detailed evaluation

Hermann, Carsten

Club: :anlauf Siegen  
Number: 2997

Course: 67.00 km  
67 km Lauf

Category:  
Senioren M40

Total time: 6:44:58

Speed: 9.93 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 11 (of 46)

Rank in course/Men: 11 (of 37)

Best time in course: 5:06:44

Rank in category: 3(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 km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	1:56:27	5:58	3	18:36	11	26:27	19.50	1:56:27	5:58	3	18:36	30	
Kühude	20.50	2:00:59	5:54	2	22:24	11	30:38	40.00	3:57:26	5:56	3	41:00	30	
Nasse Wiese	20.50	2:15:38	6:36	3	39:13	14	39:13	60.50	6:13:04	6:09	3	1:20:13	30	
Finish	6.50	31:54	4:54	3	4:00	7	5:15	67.00	6:44:58	6:02	3	1:24:13	11	1:38:14