



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

Detailed evaluation

Panis, Ronald

Club: Atletiek Maastricht
Number: 2752

Course: 42.00 km
42 km Lauf

Category:
Senioren M50

Total time: 4:16:24

Speed: 9.83 km/h
Running performance: 6:06 min/km

Rank in course/Total: 17 (of 56)

Rank in course/Men: 17 (of 46)

Best time in course: 3:09:35

Rank in category: 7(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 | 1:51:37 | 5:43 | 8 | 1:11:06 | 15 | 1:11:06 | 19.50 | 1:51:37 | 5:43 | 7 | 15:08 | 40 | 1:11:06 |
| Finish | 22.50 | 2:24:47 | 6:26 | 7 | 20:58 | 20 | 39:06 | 42.00 | 4:16:24 | 6:06 | 7 | 36:06 | 17 | 1:06:49 |