



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