



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

Detailed evaluation

**Sprang, Holger**

Club: Aachen  
Number: 3013

Course: 67.00 km  
67 km Lauf

Category:  
Senioren M45

Total time: 6:50:16

Speed: 9.80 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 13 (of 46)

Rank in course/Men: 13 (of 37)

Best time in course: 5:06:44

Rank in category: 4(of 7)

Best time in the category: 5:06:44

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	2:00:17	6:10	4	30:17	14	30:17	19.50	2:00:17	6:10	4	30:17	32	
Kühude	20.50	2:00:51	5:53	4	28:32	10	30:30	40.00	4:01:08	6:01	4	58:49	32	
Nasse Wiese	20.50	2:14:06	6:32	4	36:20	12	37:41	60.50	6:15:14	6:12	4	1:35:09	32	
Finish	6.50	35:02	5:23	3	8:23	13	8:23	67.00	6:50:16	6:07	4	1:43:32	13	1:43:32