



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

Detailed evaluation

Wilbers, Marten

Club: Atletiek Maastricht
Number: 2754

Course: 42.00 km
42 km Lauf

Category:
Senioren M50

Total time: 4:24:16

Speed: 9.54 km/h
Running performance: 6:17 min/km

Rank in course/Total: 19 (of 56)

Rank in course/Men: 19 (of 46)

Best time in course: 3:09:35

Rank in category: 8(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	1:53:31	5:49	9	1:13:00	18	1:13:00	19.50	1:53:31	5:49	8	17:02	42	1:13:00
Finish	22.50	2:30:45	6:42	8	26:56	23	45:04	42.00	4:24:16	6:17	8	43:58	19	1:14:41